

WF
H1790
1847

**ASTHMA,
BRONCHITIS,
CONSUMPTION.**

THE
NATURE, CAUSES, SYMPTOMS, AND CURE
OF
DISEASES
OF THE
THROAT AND LUNGS.



OBSERVATIONS

ON THE

NATURE, CAUSES, SYMPTOMS, AND CURE

OF

BRONCHITIS, LARYNGITIS,

OR CLERGYMAN'S SORE THROAT,

ASTHMA AND CONSUMPTION,

BY A NEW, SAFE, AND PAINLESS

MODE OF TREATMENT.

WITH NOTES TAKEN DURING SEVERAL YEARS RESIDENCE
ABROAD, UNDER LOUIS, TROUSSEAU, ANDRAL,
RICORD, CHOMEL, RAMADGE AND OTHERS.

BY S. W. HALL, M. D.,
77 CHAMBERS STREET, NEW YORK.

NEW YORK:
BERFORD & CO., 2 ASTOR HOUSE.

1847.

WF
H1790
1847

Entered according to Act of Congress, in the year 1847,
BY S. W. HALL,
In the Clerk's Office of the District Court for the Southern
District of the State of New-York.

 NOTICE.

Clergymen and other Professional gentlemen, and Students, are referred particularly to the articles on Laryngitis, or Clergyman's Sore Throat, Bronchitis, and Asthma. See page 183 and following.

Old H. H. 1790 B. 1790

INDEX.

	Page
What is Consumption - - - - -	17
What are tubercles - - - - -	18
What causes tubercles - - - - -	19
How are tubercles produced - - - - -	20
Phylosophy of circulation - - - - -	21
Theory of Consumption - - - - -	23
Causes of " - - - - -	25
Extinction of families - - - - -	27
What do tubercles produce - - - - -	29
Consumption described - - - - -	30
Maddock's description of - - - - -	33
Symptoms of Consumption - - - - -	35
The father and the daughter - - - - -	36
Peculiar symptoms - - - - -	41
Three infallible symptoms - - - - -	42
Spitting of blood - - - - -	43
Most annoying symptoms - - - - -	43
Cases successfully treated - - - - -	45
Aggravated case and perfect cure - - - - -	52
Inveterate spitting of blood - - - - -	53
Bronchitis - - - - -	54
Symptoms of bronchitis - - - - -	55
Dr. Stoke's description - - - - -	56
Dunglison's do - - - - -	59
Bronchitis and phthisis the same at last - - - - -	60
Gallileo and Harvey - - - - -	67
To medical men - - - - -	68
Consumption a terrible disease - - - - -	70
The kind of cases applying - - - - -	72
Successful issue - - - - -	75
A fair test - - - - -	79
Dr. Combe's testimony - - - - -	80
Why have physicians failed ? - - - - -	81
Boudet's success in 14 cases - - - - -	83
Useful observations - - - - -	84
A remarkable cure - - - - -	85
Is it permanent ? - - - - -	86
Premonitory symptoms - - - - -	87

	Page
Strength of prejudice	88
Deceitful disease	89
Procrastination	90
Suspicious symptoms	91
Principles of cure	92
A case	93
Great names	95
The Eastern Merchant	96
The spectre	97
Erroneous opinions	98
Unfortunate mistakes	99
The young Bostonian	10
Dr. Armstrong's opinion	102
Cuba and the North	103
The two lawyers	104
Neglect to persevere	105
On sea voyages	106
The dilemma	108
Singleness of purpose secures success	109
Indications	110
Abernethy	111
Singular items	112
Jenner and Lady Mary Montague	113
My Mother's Memory	114
Remarkable recovery	116
The incredulous Fair one	118
The fatal mistake	120
Going from home	121
Prescription by letter	122
Annaline	124
Is consumption curable?	127
The testimony	128
Gratifying success	147
New cases of cure	148
Treatment of unseen cases	156
Curious and interesting observations	
Terms of treatment, &c.	175

PREFACE.

THE design of the following pages is to encourage such as have Consumption, or are threatened with it, to use in time those means which have saved others, and may save them.

The Author, both before and since visiting Europe, for professional purposes, has met with the most gratifying success, and hopes to place within the reach of many whom he may never see, the means of cure.

Difficult terms are avoided, that the most common reader may easily comprehend all that is important to be understood.

I have no desire to induce a general belief that the cure of Consumption is to be often looked for, when it has once firmly fixed itself in the lungs: but believing, as I do, that nine cases out of ten, could be promptly, perfectly and permanently cured, were it judiciously attempted on the first appearance of those symptoms which uniformly herald its approach, I have some hope of benefitting society, by endeavoring, from the facilities afforded me by a long, extensive and special practice in lung affections, to throw abroad such a plain and true description of the symptoms of the disease, as can be easily understood; that by seeing the danger afar off, in its first, faint beginnings, seeing it distinctly, clearly, palpably, the invalid may promptly apply for relief and not delude himself, or be deluded by the fondness of kindred, or the fatally flattering advice of the designing or the ignorant, into the belief that it is something else, and will pass away of itself, until the very vitals are so far consumed, as to make deliverance impossible.

Nearly every one admits, that however incurable Consumption may be in its later stages, when the disease is firmly fixed, it may easily be warded off, if taken in time, that is on the first appearance of its symptoms. If then these first symptoms can be clearly defined, if the popular mind can be made to comprehend them as perfectly as it did the "Premonitory symptoms" of the Asiatic cholera, and would promptly take suitable measures for relief, it must be apparent to all, that not a tithe would perish from Phthisis that now do. And it is

simply to point out to the people what these symptoms are, and how soon they can be permanently removed, that these pages have been written. I have no specific, I know of no uniform and infallible course of treatment, or I would scatter the knowledge of them on the wings of a thousand winds with infinite delight. And if there be in all this any thing that savors of the quackery of the times, any thing unbecoming an educated physician, a philanthropist and a man, then have these terms been misinterpreted by me from my earliest childhood, and mankind needs a new vocabulary.

Under the head of "cases cured," on pages 45 and 148, will be found several things worthy of consideration. Even a common reader will perceive at once in these cases, the main and leading symptoms of true and unmistakable Consumption. That they were cured at the time, there can be no doubt. And incredulous persons could do no more than propose a half triumphing inquiry, "will they remain cured?" "Is it a permanent benefit?" In reply, I am gratified in being able to say, that with one or two exceptions, I know them all to be living and doing well. Some of them have since had families; and others have embarked in active business, without the slightest necessity of using any remedial means whatever. As to the two exceptions above referred to, I can say nothing, as they removed to some other part of the country, and their residence is unknown to me—but I have no reason to suppose, that they are not alive and well. And I think it ought to be considered a sufficient evidence of the completeness and permanency of a cure, if at the end of three, four, five, six years, and longer, they are living, and have no occasion for taking any kind of medicine.

So far, then, from being alone, in considering Consumption a disease which can be cured, the reader will perceive, by turning to page 132 to 145, that a large number of the most eminent physicians of the present day, are of the same opinion; and that those who think differently, have the misfortune of being behind the age in which they live.

CONSUMPTION A CURABLE DISEASE.

WHAT IS CONSUMPTION?

CONSUMPTION, commonly called a "Decline," and by physicians "Phthisis," is a gradual wasting away of the lungs, by which they become disorganized or rotten, and are spit out of the mouth in the shape of yellow matter, which, as the disease advances, sooner or later sinks in water, and in three cases out of four, is, or has been, more or less tinged with blood, at various intervals.

WHAT ARE THE LUNGS?

THEY are to man what the "lights" are to animals; are made in the same way, and look like them, hanging in both sides of the breast, and reaching down as far as the sixth rib. They are divided into five bunches, called lobes, three of which are in the right, and two in the left side, the place of the third lobe being occupied by the heart. They may be compared to many thousands of small bladders, called air cells, united in one great neck, the wind-pipe. They have their root at the back-bone, between the shoulder blades, and from that, they stick out forwards; not entirely unlike the extended wings of a bird. These little air cells have exceeding thin sides; and are of all sizes, from the twentieth down to the hundredth part of an inch in diameter. They are filled with air at every breath we draw in; and are comparatively emptied at every outbreathing. And this is their employment, unceasingly, from the first cry of infancy, till the last effort of

expiring nature. The foundation for Consumption is not unfrequently laid by the sides of these air cells thickening and sticking, or even growing together, from the want of full breathing enough to keep them apart, or from high mucous excitement, produced by a cold, or other causes.

It is a part of the treatment to remove this condition of the parts in an agreeable manner, beautifully rational, and unknown until recently.

WHAT CAUSES THE LUNGS TO CONSUME?

Tubercles form on, around and among the air cells, which constitute the lungs, ripen, rot, and eat them away.

WHAT ARE TUBERCLES?

THEY are small round masses, which, as they enlarge, often acquire the form of a tuberous root, such as the potato, garlic, tulip, &c., and hence called Tubercle. A single tubercle is a small, clear, shining, grey substance, dotted about among the lungs, usually roundish, but of all shapes; and in size from a pea, down to invisibility. In the course of time, it begins to ripen, by a little yellow spot appearing, usually in the centre, and gradually widens to the edges. The tubercle now softens, spreads, meets its neighbor tubercle half way; these join, and meet others which have joined, and all soften down into one yellow mass together; this is spit up by degrees, and the place it occupied is empty, and is called a cavity, excavation, not unlike that made by mice in cheese; small, if it holds a hazle-nut; large, if it hold a walnut; and very large, when a goose-egg may lay in it. Tubercles ripen at different times, as apples on a tree; and this is the reason that consumptive persons have such frequent changes in their feelings; well to-day, or this week, and ill the next. In process of time, other excavations are made, and communicate with older ones; and in this way, the lungs are burrowed out to a mere shell; the man speaks in a sepulchral, grave like voice, that makes one shudder to hear it, and soon there are not lungs enough left to live upon, to keep him warm; and the fire of life goes out—forever.

WHAT CAUSES TUBERCLES?

SOME persons are born with them. Weak, sickly parents, those who are dyspeptic, drunken, effeminate, *diseased*, who marry too young, almost always send tuberculous children into the world; and leave them the woful heritage of a constitution blasted at the root. But even in cases of this kind, I can cause children to grow out of it, without medicine; and in persons more advanced, I have permanently arrested the malady.

When persons are not born consumptive, they may become so, in many ways; for whatever impairs the general health, is capable of producing tubercles in a few weeks, by impoverishing the blood. Whatever can impoverish the blood, can cause Consumption; and whatever enriches the blood, arrests and cures it.

The causes which more commonly operate in effecting this gradual and almost imperceptible undermining of the health, are, insufficient or bad food: scanty clothing: living in cellars or other damp situations: injudicious use of calomel, quinine, or intoxicating drinks: protracted fever and ague: suppressions: profuse discharges, long continued: grief, disappointments, worldly care: intense and extended mental effort: neglected colds and coughs: frequent resort to medicine for slight ailments: costiveness alone, or alternating with loose bowels: breathing impure air, or the heated atmosphere of factories, engine rooms, printing offices, workshops: frequent and sudden changes from heat to cold, or from a cold to a hot temperature, such as Pilots, Engineers, and Clergymen are subject to: these and many others, by gradually undermining the health, lay the foundation for that truly dreadful disease.

HOW ARE TUBERCLES PRODUCED?

ON the sides of the air cells, already spoken of, many little blood vessels spread themselves about in every direction, as a vine spreads itself on the side of a wall; through these, all the

blood of the body passes many times a day, if there is nothing to hinder it in its progress, and choke them up. When that is the case, the extremely thin sides of these blood bearing vessels may yield a little, but the clogging still going on, the thinnest part of the blood is pressed through its pores, or there is a vitiated secretion, which stands there, in the shape of a small, clear drop, with, possibly, the slightest tinge of red; this soon enlarges, hardens, and is a young tubercle, and this it is, which causes the dry, hacking cough in consumption, seeming to come on of itself, yet gives a timely and friendly warning; but gives it, most frequently, in vain. If the means employed by me were used now, they would take these tubercles away, and effectually prevent spitting of matter, night sweats, and emaciation, from ever coming on; the proof of this is, that in due time, the cough would become easier, and at length disappear.

It is only in the lungs that tubercles exist alone; but if they are in any other part of the body, it is absolutely certain that they are in the lungs also, after the age of fifteen.

Tubercles, Scrofula, Struma and Consumption, are one and the same disease, differing only in the locality of tubercle.

WHAT CAUSES THE SMALL BLOOD VESSELS ON THE SIDES OF THE AIR CELLS TO BECOME CONGESTED IN THE MANNER DESCRIBED?

THE surface of the lungs exposed to the action of the air at every breath, is estimated to be equal to two thousand times the surface of the body, and would cover a wall as high as the head, and twenty-five feet long; being a surface of more than twenty thousand square inches.

A healthy young man aged eighteen, will, on an average, take in six pints of air at every breath. The air goes into the lungs pure and sweet; but, as all know, comes out so impure as to disgust, and so poisonous, that some have said if it could be instantly breathed in again, unmixed with the pure air

around, it would produce suffocation and death on the spot. But the wise and kind Author of our being, more mindful of us than we are of ourselves, has so arranged it, that this poisonous breath is so light, that on leaving the nostrils, it rises immediately above us—as all can see of a clear, cold, frosty morning—passes into the clouds, is scattered to the four winds, purified and sent back to earth, to give us life again.

But while the air is drawn into the air cells of the lungs, so pure, and leaves them so impure, there is another process going on, precisely opposite. The heart at every beat, drives the blood out of itself, into the small vessels, which are spread out on the sides of the air cells of the lungs; but this blood is thick, sluggish, black and impure; having just returned from a circuit through the body, washing it out, and has come back to the lungs to get clear of the filth which it gathered up; it however passes immediately on and out of the lungs, going in at one door and coming out of the other, into another part of the heart. But although it made that flying visit, not stopping an instant, it has changed its character altogether; it is now bright, red, light, sparkling, life-like, and life-giving, and at the beat of the heart, is driven with electric speed, to the remotest part of the body, depositing every where in its progress, renovation, and health, and life. The lungs, then, are a market place, an exchange, where the rich pure air, and the poor life-lost blood, meet. The air gives its life to the blood, and in exchange, the blood gives back its death. Now if there be too much blood, or too little air—or the air be not pure enough—the exchange will not be equal—will not be perfect; the blood will move slower, become thicker and clog up, pressing itself through the pores in the sides of the little stretched vessels, and the hateful tubercle is thus, or by vitiated secretion, brought to birth. I prevent all this.

Tubercles, then, are produced in two ways, by a deficiency of pure air, for a length of time, or by a sluggish circulation of the blood. If then we live in an impure air long enough, tubercles are produced. Have you never read of persons hav-

ing Consumption, who lived in warm rooms, factories, and the like?

But let the air be ever so pure, if we do not get enough of it, tubercles are produced; we do not get enough, if we breathe too short or too seldom. People who lace tight, breathe short. Do such persons ever die of consumption? What causes a person to breathe seldom? for that also produces tubercles and death. Persons who sit too much, stooping, the back bent out, and the breast bent in; or such as lean their side habitually against a table, or the like—such persons breathe seldom; so much so, that they would soon die, but nature, like a watchful parent, rouses us up, and we stretch and take a full, long breath, which sends a pleasant feeling all over us. Did you ever know shoe-makers die of consumption? or poor, but excellent young women? who to make an honorable living, perhaps for feeble, helpless parents, tottering on the grave's brink,—bend over the needle, nearly double sometimes, in their forgetfulness, and the clear blue sky and beautiful sun-light, and all nature smiling and glad without, every body and every thing glad, but they are not, for they have not time to enjoy, but sit and toil on; and dreary winter comes with its long, dark, cheerless nights; the sleet clicks upon the window; and the heavy wind moans mournfully in the streets, or whirrs through the cracks of the old crazy building, which fairly creaks again; but a mother is there, and they are working for her; and work on, and disease approaches; and for a while they suffer on, age and disease together, till at last and together, the parent and the child sink into the grave, side by side, in the last long sleep of death. The remedies proposed, forcibly prevent such an unfavorable position of the body, without bands or cords of any kind, except those of nature's own make. And here, as in her other operations, she governs so gently, and her rule is so pleasant, that we are aware of no constraint.

But this sluggish motion of the blood in these small vessels around the sides of the air cells, is brought on in another way.

We breathe seldom, when we exercise but little, or become low spirited, from any cause whatever; from care, or losses, or disappointment in our calculations, whether they have been reasonable or not; from the unkindness of kindred; the ingratitude of those whom we have benefited; or from the infidelity of those who used to love us, and we them; or the unavailing thoughts of past prosperity, with its flowers and its sunshine—these are the things which produce the unfrequent long drawn breath, the deep and heavy sigh, and sow the seeds of certain death: are not these the people who pass off with that slow and stealthy paced disease? It is the slow circulation which these feelings produce, that is the immediate cause of tubercles, and not the feelings themselves. For those who are blue to-day, but the brighter for it to-morrow, do not die of consumption. As they can give advice best, who are farthest from needing it, I will not offer violence to the already wounded heart, and bowed spirit, by saying that it is not worth while to grieve for the past, and that others are worse off than they, although it is a fact; and that the best possible thing to be done, is to forget the past, be busy, look upward and ahead, although nothing is more true—for it is almost as difficult to get clear of such feelings, as to get well of Consumption, unless properly treated. And those who can advise so well, when they come to sorrow's hour themselves, will feel it so. To sum all up, long continued ill health, is the great immediate cause of tubercular Consumption; and whatever causes that protracted weak state of health, causes Consumption. Such, however, is the weakness of humanity, that naming the method to prevent disease, does the least possible good; we wake not, till the giant is upon us.

When enough fresh air does not get into the lungs—or when from weak health, they work in a sluggish manner—or when from other causes, a thickish, sticky coat collects, is secreted on the inside of the air cells, they not being distended, by full breathing, are at length brought into contact, are inclined to be glued together, and we have difficult breathing: most con-

sumptive persons have this. It is the part of some of the means used to prevent this, to wash out these half filled and sticky air cells, and thus relieve the lungs of this intruding and disagreeable tough matter, affording a grateful relief to the patient, as it causes in a short time, a freer and more copious expectoration, until the accumulation is removed, when the expectoration ceases altogether.

Such is the best theory of Consumption I have been able to make up, from the numerous and conflicting ones which have appeared. When a plainer, and more reasonable one is presented, I will change.

It has been observed that protracted ill health is the immediate cause of tubercular Consumption, when not congenital. But it may with propriety be considered the cause of hereditary Phthisis; for long continued disease in the parent, very frequently originates a tubercular diathesis in the offspring, although it may not be manifested in the stock. It will perhaps be of no service, beyond mere information, to speak of other causes of the disease, since it is but too seldom that persons can be persuaded to make a timely use of suitable means for the removal of palpable symptoms of a decline, let alone taking precaution against the causes of those symptoms, however plainly stated. Still, as it may possibly be of some service, I will more distinctly name some of the secondary, that is, the more remote causes of the disease, commonly known as consumption of the lungs. In doing this, I shall put down what is the result of my own observation, rather than a detail of causes collected from books. In presenting these, I will, as has been generally done in these pages, forego the pleasure of expressing myself in the language of the Faculty, although it is elegant, concise and scientific. This tract is designed to be understood by the most common capacity, and medical terms are studiously avoided. My desire is to convey just enough and no more, than to give to an ordinary reader such a view of the nature and symptoms of the disease, as will lead him to apply to me for a cure in time; to do it at the very first ap-

pearance of suspicious symptoms. I have had persons come to me, who were hourly dying of Consumption, but who seemed quite convinced that they did not have it, because they could not see that they had ever done any thing to give it to them. Such should not rest in their inquiries until they have established the fact, with great certainty, that their parents and grand parents also have done nothing to cause it. For it is known to the informed, that sometimes the disease is smothered up for a generation, for an age, and then re-appears in the grandchild, like madness, or any other transmissible calamity. By stating the causes of the disease at large, persons above referred to, may be able to arrive at a more correct conclusion, and more speedily too. As soon as a man asks me to undertake his case, I would, were it in my power, cause him to forget all he ever knew of the disease, and would most certainly prevent him from reading any more on the subject. It is peculiarly true, that at least in this case, ignorance is advantageous, if not blissful. Hence, the fewer books a patient reads on the subject of his malady, the better; for unless he have an extraordinary capacity, which will enable him to understand the whole subject thoroughly, he will soon read himself to death.

A surprisingly large number date their attack from "The influenza." Others say, "I had fever and ague for a great while, when it disappeared and left a cough, which has continued ever since." Not long ago, I had three applications of this kind, within a few days.

Multitudes fall victims to tubercular disease, who live in cold, damp places. Criminals, who were confined in damp dungeons, have their lungs in a short time covered with tubercles, although when first imprisoned they were in robust health. Animals, a dog, for example, if kept in a wet cellar, will have his whole lungs dotted with tubercles in a few weeks. I know that a different opinion is held by some. I speak of what has fallen under my own observation, and have no theory to support on the subject.

Long continued dyspeptic symptoms, often end in consumption.

A habit of taking medicine for trifling irregularities, leaves great numbers in the last stages of the disease, before they are aware that "any thing serious is the matter." Losing rest at night, night-watching, a wounded spirit, long continued grief for the dead, want of occupation, incessant brooding over the past—these bring thousands yearly to the grave, through the powerful influence they have in producing Phthisis.

An eminent practitioner, Dr. Maddock, of London, says of the causes of Consumption, "they are either hereditary or accidental. The hereditary, the more frequent cause, descending from persons of a hectic constitution, usually indicated by a smooth, fair and rosy complexion, light eyes, large transparent blue veins, fair or red hair, a narrow pointed chest, high prominent shoulders, long thin neck, and generally slender frame. The accidental, originating from different circumstances, such as variations of temperature, imperfect nutrition, whether from deficient or improper food, breathing a vitiated atmosphere, depressing or exciting passions, insufficient clothing, continued fever, fluor albus, or "whites," or any weakening discharges, continuing to suckle too long, excessive indulgencies, onanism, intemperance, long continued courses of mercury; these are some of the more common causes; but a deranged state of health, it matters not how produced, predisposes to tubercular disease."

The causes of Consumption being so numerous, and its being transmissible, when produced, through several generations, why is it, that it has not before now, become the disease of the civilized world? It has already become so. There is reason, and strong reason too, for the truth of the estimate made by some, that already, one-sixth of the people owe their death, more or less directly, to the existence of tubercles. At this rate, the globe would be depopulated were it not for an overruling Benevolence, which saves humanity from extinction, by

making blessings out of the very curses which it brings upon itself—thus,

When from any cause, whether it be the gratification of appetite, the indulgence of passions, or a wilful, deliberate, and protracted violation of any of the wholesome laws of our being, the body is enfeebled, the mind, sooner or later, inevitably participates; these powerfully re-act on one another, from parent to child, causing a rapid deterioration, both physical and mental, until the being is not half a man; but at some point in this downward course, known only to Omniscience, nature steps in and takes away the power of reproduction, and the race is saved. Hence, the extinction of the names of whole families once numerous, and bidding fair to stock the country.

Those who are of a CONSUMPTIVE FAMILY, can shield the system from death, by this disease, by a timely and judicious use of the remedies—and all who employ them thus, are left in a condition, more capable than before, of resisting any ordinary exposure to weather, or sudden atmospheric change. Palpitation—irregular beating of the heart—has frequently disappeared, while Chronic LIVER affections, and habitual *constipation*, have been removed. They are as effectual in *Scrofula* as in *Consumption*, while those who have a *narrow chest*—and thirty inches in circumference under the arms is quite narrow for a man—or *sunken breast*, are surprisingly benefited in a very short time—frequently after one or two visits, the perfection of the cure is entirely dependant on the fidelity with which the patient adheres to the directions given. A few require several weeks of daily and careful attention, to bring their system to a state of health requisite for the application of the main, and more specific remedies. A steady and permanent improvement is made, in proportion as the patient, with a cheerful determination and resolute punctuality, *makes it his business* to give the remedies a steady and judicious trial, for a length of time, proportioned generally, to the coming on of the disease, or the ravages made.

These remedies are most advantageously employed amid the attentions and comforts of friends and home. Hence, persons from a distance are frequently not necessarily detained in the city beyond a day or two. I do not profess to cure every case, or to effect it in any instance, in a day or week—nor by any secret or inexplicable mode—but upon rational principles, easily comprehended by the educated and unprejudiced. The cure is effectual, in proportion to the smallness of the amount of lungs actually destroyed. Four out of every five may be saved, of those who make a timely application, that is, before the lungs are covered with tubercles, or before suppuration has taken place. The extent of either of these, can only be told by seeing the person, and making the necessary examinations, which is done without the slightest pain in any instance. If there is a cavity, not large, it is effectually and permanently healed, by a lining membrane, or cicatrix, in a time proportioned to its size: and that this can be done, we have the testimony of Laennec, who devoted near a quarter of a century to the investigation of Consumption; its nature, its causes, and its cure; and who is acknowledged, the world over, to have thrown more light upon the subject than any man who had ever lived before him. “It may be cured in two days after the formation of an ulcerous excavation. First, by the cavity becoming invested by a new membrane: Second, by the obliteration of an excavation, by means of a cicatrix.” And such precisely, was the manner of arrest and cure of the Lungs, when in an actual state of decay, in the persons of Dr. Franklin, Gen. Jackson and Dr. A. Combe.

Persons sometimes apply to me, “afraid that their lungs are affected.” Being under this impression, they are filled with the most gloomy forebodings, when on examination, it is immediately and perfectly apparent, that the lungs are entirely sound. Such an impression would produce tubercles in a person of this temperament. In a case like this, it is of priceless benefit to have the impression removed, by submitting to the examination of an experienced, skilful and candid physician.

Uncertainty and apprehension will waste away the strongest constitution.

Clergyman, and others, in different parts of the United States, have given a willing testimony to the efficiency of some of the remedies employed in removing affections of the throat, called *Bronchitis*, of several years standing; not a partial and temporary, but a complete and permanent removal. There can be no good reason why the same thing should not be accomplished in others, by the same means. Some have been enabled to speak in public with great ease and comfort, who had been previously compelled to abandon their profession.

WHAT DO TUBERCLES PRODUCE?

TUBERCLES produce various diseases, according to the part of the body which they attack.

Tubercle in the lungs, is Consumption.

Tubercle in the neck, is King's Evil.

Tubercle in the joint, is White Swelling.

Tubercle in the back bone, induces Spinal Disease.

Tubercle in the belly, is Negro Consumption.

Tubercle in the hip joint, is Hip Disease.

Tubercle in the loins, is Lumber Abscess.

Tubercle in the lining of the nostrils of a horse, is called Glanders.

Children are tuberculous, who have running sores about the nose, ears, mouth, scalp, &c.

Consumption, Scrofula, Struma, and Tubercles, may be considered one and the same malady.

HISTORY OF A CASE OF CONSUMPTION.

No two cases of this disease are precisely alike in every particular; yet, in general, the feelings and symptoms in its beginning, progress, and end, are as follows:

In nearly every case, Consumption begins with a slight, short, tickling cough in the morning; but as it occurs only now and then, and is so very slight, that only one or two

efforts at coughing are made on getting up, it is not noticed at this stage; after a while, this cough occurs occasionally during the day; it may be next observed on laying down at night, or some minutes after being laid down; a single cough or two; coming on quite suddenly, as if produced by a particle of dust in the throat, from the pillow or bedding. Soon the morning cough increases, and the night cough comes on regularly; damp weather, or a sudden spell of cold weather increases it, and the person says, he has "caught a cold some how or other;" but it does not go off of itself, like a cold used to do; it "hangs on," and is increased by every slight change in the moisture or temperature of the atmosphere. The patient now begins to think he had "better take something" for his cold. He might discover, however, by this time, that it does not affect him as a cold used to do; for several years ago, when he took a cold, he remembered that it made him "feel bad all over;" his appetite decreased; his nose would run almost constantly; occasioning a snuffling every few minutes; with a stopping up in the head; and he would cough, and cough hard, any time during the day, spitting up more or less of heavy yellow matter; and he describes himself as being "out of sorts;" but the cold he now has, is quite a different thing; his head is not stopped up; his nose does not run; his appetite is quite good; he does not feel bad at all; he spits up no yellow matter during the day or night either; but he has simply a dry, short tickling cough, which keeps him from going to sleep when he first gets into bed at night; and which comes on in the morning, as soon as he gets up and begins to stir about; and with the exception of this, when he goes to bed, and when he gets up, he says, he "feels well enough;" having no head ache, no fever, no burning feeling about the nostrils, and says, "if I could only get rid of this cough, I would be as well as ever I was in my life." He then determines to "take something." Every body has a prescription that cured such and such a one, who "had just such a cough, only it was much worse, and of longer duration," and "it is so simple, that

it could not possibly hurt any one." Some of these do no good whatever; others give relief, but soon appear not to have the desired effect, and something else is resorted to, with similar results. But long before this time, a practised observer will have noticed that other changes have been taking place; because, every hour the disease has been digging its way deep down into the vitals. The pulse is more rapid than natural, has more of a quick, thread like, spiteful beat; and too weak, besides; the patient is more easily tired than formerly, especially in going up stairs, or walking up a hill or gentle ascent; when he attempts to do any thing, he "gives out" sooner than he used to, causing him to have an occasional shortness of breath; about this time, he finds occasionally, that he cannot take a free long breath as formerly; something seems to cut it short, leaving an unsatisfied feeling; his friends observe that he is as lively as usual, and indeed more so; he feels, and appears cheerful; and is quick in his movements; but before he does much, or walks far, he becomes very weak about the legs and knees; and there is a great craving for a place to sit down upon, and rest awhile; and if a sofa or bed is near, it feels at first so comfortable that he is inclined to stay there: now and then, there is a feeling of weight in the breast; dull, heavy, or cold like; if he leans forward much, his breast gives way; pains more or less transient, or permanent, are felt in some part of the chest; often these are at the lower edge of the ribs; there is now an occasional feverishness; the bowels become costive and loose alternately; sometimes the feet or hands, or both, burn very much; at others, they are uncomfortably cold; the patient begins to think that he is "falling off" some; and turns to weighing himself, with very unsatisfactory results; he perceives that although his appetite is quite good, his food does not seem to do him as much good as formerly; there is unusual thirstiness during some part of the day; if the weather is but a little cool, he gets very chilly; after a while, chills frequently run all over the body, and along the spine, without any apparent cause; an emotion of the mind, a drink

of cold water, is sufficient to send a succession of chilly sensations all through the system; while these symptoms are presenting themselves, the original cough, although sometimes better, has in the main, become decidedly worse, and more annoying; it comes on as soon as the patient goes to bed, and continues from ten or fifteen minutes, to two hours, according to circumstances; throwing the system into a nervous, irritable condition; effectually preventing sleep for half the night perhaps; when he falls into a doze, from mere exhaustion; and in the morning he wakes up, pale and wan and haggard, without seeming to have derived any benefit whatever from his repose; and weak and wretched as he feels, the morning cough now attacks him, hard and dry at first, but in a few minutes he is relieved, by bringing up more or less of yellow matter, mixed with something of a whitish, frosty, bubbly character; coughing comes on after meals, with heaving, and in some cases, vomiting, although not specially attended with sickness at the stomach. As the disease progresses, he emaciates more and more, the weakness of the lower limbs increase, the amount of yellow matter expectorated becomes greater from day to day, while the frothy substance is less; there is more or less of thirst or chilliness between breakfast and dinner, with decided fever in the afternoon, which subsides during the fore part of the night, and goes off towards morning, with a copious, exhausting, and death like sweat, carrying damps and chilliness to the very heart; these sweats are accompanied, or alternated with frequent and thin, watery, light colored passages from the bowels; from two or three, to a dozen or more in the twenty-four hours; attended some times with horrible griping pains in the bowels; at other times, there are dull pains in the muscles, and bones of the limbs; occasionally, almost insupportable; even yet the patient may keep about, and appear quite cheerful; but his steps are slow, measured and careful; his body bent forward; his shoulders inclining upon the breast; and towards one another; if he sits down a moment or two, his legs are crossed, his arms laid across his

thighs, pressing upon his breast as it were; he begins now to feel best in bed, where he spends the greater part of the twenty-four hours; his feet and ankles and legs swell, and often painfully, so as to prevent walking with comfort; and soon, his mother earth receives him into her bosom, where myriads of her weary children had already gone, to be wasted with sickness no more!

A distinguished London Surgeon, who writes with great elegance and precision, thus describes the general history of a consumptive case from its commencement to its close. "The first indication is most commonly a slight tickling cough, which from being unattended with any great difficulty of breathing, or constitutional disturbance, is too frequently regarded as a simple cold, and is oftentimes treated improperly, or altogether neglected. After a short time, the cough becomes more frequent, and is accompanied by a little mucus expectoration; the breathing gets hurried, and the pulse quickened, especially after any exertion, and occasionally a stitch in the side is complained of. The patient gradually becomes paler, and palpitations are experienced, especially after ascending stairs, or walking quickly. A degree of feverishness ensues, with a feeling of chilliness during the day; and in the night the perspiration is much increased, by which the pulse is lowered, and the frame generally debilitated: there is next a loss of appetite, emaciation, and diminished strength: the fever increases, the cough becomes more frequent, and the expectoration more abundant. Perhaps at this period, from the tubercular deposits pressing on the sides of some small vessels, thereby obstructing the flow of blood through them, blood becomes extravasated, and is spat up, or streaks of it mark the expectoration. The cheeks are patched with a hectic flush, more difficulty of breathing and oppression at the chest are experienced, for less air being taken in at each inspiration, more frequent inspirations become necessary, and the person who formerly breathed but fifteen times in a minute, will now breathe twenty; the perspirations are more copious, and the general

power is so diminished, that the patient is no longer capable of active exertion or exercise. The tuberculous deposits being increased in size and number, are clustered together, and running into each other, form an excavation, into which the air has now free admission, and acts on its raw and unhealed sides. From this, result fresh inflammation, new supplies of blood, and new depositions of tubercular matter; the cough further increases in severity and frequency; the expectoration is changed in character, and consists of pus, mucus, containing softened, or occasionally solid tuberculous deposits, shreds of lymph, and sometimes particles of pulmonary tissue in a fœtid state. The fits of coughing are now distressing, especially after lying down, or getting up, perhaps because the change in position alters the situation of the puriform matter remaining in the cavity, and thus exposes a new source of irritation. Should the disease be principally confined to one lung, the patient generally lies on that side, by which means the sound lung, which is now called upon to perform the greater part of respiration, is left unimpaired by the weight of the body, and can thus be more fully and easily dilated. But the alleviation is merely slight and temporary: fresh collections of tubercles burst, and additional exacerbations are thereby excited, the night perspirations break forth heavy and profuse, the debility and emaciation progress in proportion to the other symptoms, the lining membrane of the air passages becomes thickened, or ulcerated, or even studded with tubercles, and the cough is incessant, the extremities swell, and the powers of the stomach failing, its contents are frequently rejected by the violent fits of coughing. The intestines share in the general state of the disease, the internal membrane of which becoming irritated, or ulcerated, diarrhœa alternates with or accompanies the profuse evacuation of the skin. The hectic flush is increased, the eye assumes a pearly whiteness, and has a certain wildness of expression; the brain supplied with improperly aerated blood is also affected, and mental excitement, common from the commencement, occasionally

towards the close heightens to languid delirium, or total imbecility; but the senses most frequently remain entire, and the poor patient gradually and imperceptibly sinks into eternity, oftentimes anticipating a recovery to the last moment."

SYMPTOMS OF CONSUMPTION.

THEY are various, according to the person, the constitution, the part affected, and the cause producing it. There is no one common symptom, which infallibly points out its existence. Cough, spitting, and general weakness, are the most invariable concomitant symptoms. In any ten persons who die of Phthisis, these three symptoms will be oftener found present, and together, than any other three that can be named. At the same time, some persons have never coughed or spit at all, until within a few days of death; and yet on examination, the lungs would be found eaten almost half away. In medical books, so many symptoms are enumerated as accompanying the disease under consideration, that almost any invalid will find himself to have an alarming number of them. In forming an opinion of a case, I rely on no one symptom, or combination of symptoms; every thing a person complains of, and every thing he does not complain of, must be taken into account. A man cannot judge of himself, whether he has Consumption or not; nor can any physician safely pronounce upon the question, unless he has for a great while turned his whole attention to observations of this kind. Persons have come to me, and died within a week, who were assured by their physician, just before leaving home, that their lungs were not affected; and yet in examining Hospital cases of this kind, large portions of the lungs would be found broken down into a mass of rotten matter. But I do not mean to say by all this, that there is no sure method of indicating the disease; it can be done with an almost magnet-like infallibility, in a very large number of cases; but it is by a method which books cannot describe; personal observation and experience can teach it, and these only; an experience daily repeated, extending through years

of time and continents of space; and this I claim for myself. I am not often mistaken as to the result of a case, although it be a long time ahead; and any man of common observation, with equal opportunities, could say the same thing.

A Case. A gentleman of a northern city, who had been engaged in business to the amount of more than a hundred thousand dollars a year, wished me to give an opinion of his case. "I have no idea," said he, "that I have Consumption, or any thing of that kind; I only feel a little weak, but I want to know what it is; I do not want medicine, for I am not sick; I am dining out with my friends, I can cross the mountains and return, my appetite is perfectly good, and all I want is to feel a little stronger." A weakness, slight cough, and pain in the side, were all that he complained of; and, in answer to many questions variously put, he would acknowledge the existence of no other symptom, not the slightest. I perceived that he was determined to have it "that nothing much was the matter with him;" and for the sake of a lovely family of children, his position in society, and because he was a finished gentleman, manly and kind to all around him, I determined to express my views undisguisedly, without flattery, and without exaggeration; made the examination leisurely, and formed my opinion accordingly. I directed his attention to three apparent trivial circumstances, which had not attracted his notice, and traced out what I thought would be the subsequent history of each one of these, if they were each let alone; giving him my reasons why this and that and the other thing would occur; in order, that by convincing, I might save him. When I closed, he admitted that it was reasonable; but thought that I had overrated the points named, and was unwilling to take proper measures for the recovery of his health, as he felt well enough, and was only a little weak. On parting a few days afterwards, I said to him, "Either one of the things which I have named to you, would kill a common man; and with the three, you will not live twelve months." I left a note in his hands to the same effect, giving him directions how he

might avoid what I anticipated. Eight months afterwards I saw him again for the first time; he had been looking for me for several days, with great anxiety. "Ah, Doctor," said he as I met him in his chamber, his beautiful daughter leaning on his pillow, "what you told me has come true to a hair's breadth, but it is too late now,"—and he died!

Another. A fine looking young man, aged 22, the son of a southern Planter, complained to me one day of a cough, and restlessness at night, first observed a month before. He was about to travel for information, as much as any thing else, and intended taking Havana in his route; but before starting, wished to know whether his lungs were affected. On examination, I found that he was in a worse condition than his external condition indicated; he had not fallen away any, was walking the streets, apparently as well as others, and had a good appetite. I told him he had better abandon his journey for the present, return home, and endeavor to get well; if he did not, he would die. He persisted in going, and I refused to prescribe. This was the 30th of January. Before the summer had closed, he died of the most unmitigated Consumption.

In a particular class of persons who are consumptive, there is a combination of symptoms, which present themselves, from six to twelve months in advance, which, if let alone, make death infinitely certain. In a long experience, I have never found them fail, and do not believe I ever will. They are symptoms which, in nine cases out of ten, entirely escape the observation of the patient; and yet are plain as a sunbeam, to an observant practitioner. They are comparative, not of universal application, not appreciable by the multitude, and are therefore not named.

The following are some combinations of symptoms, in persons who have called on me, fearing they had already, or were threatened with consumption.

NUMBER ONE. 2.

Pulse 95 a minute, white tongue, some head-ache, pain be-

tween the shoulders, and along the breast bone; running pains through the breast, and in one side; great general chilliness, a regular daily chill, bowels costive, great restlessness at night, cough very troublesome, and excites sickness at the stomach, white and frothy expectoration at first, then matter, spitting of blood, frequent night sweats, great emaciation and weakness, scarcely able to sit up while the bed was making.

NUMBER TWO. 3.

Pulse 100 in a minute, bitter taste, yellow tongue, considerable pain between the shoulders, and some along the breast bone; great pain under the ribs, much general chilliness, irregular appetite, but good in general; sleep not good, very great nervousness, some difficulty in breathing, cough very troublesome, excites nausea and vomiting, yellow, thick, heavy expectoration, had fallen away a good deal, had spitting of blood from the beginning.

NUMBER THREE. 16.

Pulse 85, bitter taste, pains in the back, feet and hands always cold, bowels costive, some nervousness, cough very troublesome and dry, expectorates mucous mixed with blood, was taken with a bad cold eight months ago.

NUMBER FOUR. 17.

Pulse 86 a minute, bad taste, indefinable, some pain between the shoulders, also in both sides, now and then a general chilliness, troublesome cough in the morning, expectorates a small, round, pea-like matter, taken with spitting of blood two years ago.

NUMBER FIVE. 18.

Pulse 80; bitter taste; tongue red and smooth; some pain in the small of the back, and occasionally along the breast bone; also in the left shoulder; chills run over the body; moderate appetite; bowels costive; sleep good; a slight difficulty in breathing now and then; cough very troublesome; sometimes excites nausea and vomiting; expectorates several table spoons

of matter every day; some night sweats; has fallen away; sweats in the coldest weather.

NUMBER SIX. 20.

Pulse 100; an indescribable, sweetish, watery taste; pain often in small of the back; headache; pains and soreness between the shoulders; decided pain along the breast bone; some in the left side and under the ribs; darting pains through the breast; chills run along the back; has a chill every day; heat in the palms of the hands now and then; voracious appetite; loose bowels; good sleep; great nervousness; occasional difficulty in breathing; troublesome cough; sometimes excites nausea; expectorates a yellowish, white matter; spitting of blood once, six weeks before, night sweats; some falling away; prefers sour food.

NUMBER SEVEN. 22.

Pulse 130; bitter taste; red tongue; some pain between the shoulders some time ago; also in the right side, and under the right ribs, and moveable; daily chill; general chilliness; heat in palms and soles; moderate appetite; irregular bowels; sleep not good; great nervousness; cough very troublesome on lying down; exciting nausea sometimes; expectorates several table spoonfuls of matter during the twenty-four hours; night sweats; falling away; was taken with spitting of blood.

NUMBER EIGHT. 24.

Pulse 112; very bad taste; tongue yellow and white; pain between the shoulders; general chilliness; heat in palms and soles; expectorates a gill of yellow matter in twenty-four hours; shortness of breath: quite weak: was taken with spitting of blood twelve months before.

NUMBER NINE. 25.

Pulse 90; bitter taste; tongue white and dry; sometimes light headed; tightness along front part of the breast; a fullness under the ribs on the left side; intolerable burning in

palms and soles; good appetite; bowels costive; does not get to sleep until two o'clock in the morning; expectoration white and tough; sometimes yellow, and easier; cough very troublesome in the morning; spits blood several times a day; great emaciation and weakness; was taken with spitting of blood at first.

NUMBER TEN. 29.

Pulse S4; bad taste; white tongue, and very dry in the morning; pain in the lower part of the back; frequent headache; soreness between the shoulders; chills along the back; general chilliness; heat in palms and soles; costive bowels; broken sleep; very troublesome cough; pain in the side.

NUMBER ELEVEN. 31.

Pulse IIS; bitter taste; tongue white and dry; red at the edges; pain all along between the shoulders; an aching in front of the breast; pains in both sides, under the ribs, and darting through the breast; soreness on pressure at the pit of the stomach; chills along the back and sides; some general chilliness; heat in palms and soles; poor and variable appetite; costive; sleep good; difficult breathing; cough very troublesome on lying down at night; expectoration is frothy, slimy, thick, frequently blood; relishes sour provisions.

NUMBER TWELVE. 56.

Pulse S2; bad taste; can't describe it; yellow tongue; pain in small of the back; moving pains between the shoulders, up and down the breast bone; in the right side also; chilly; bad appetite; bowels costive; sleep not good; expectoration is white, sometimes yellow; sinks in water; frequent night sweats; when a child, had frequent soreness and breaking out about the ears, and then the throat.

NUMBER TWELVE. 58.

Pulse S4; red, moist tongue; pain in the small of the back; feeling of fullness in the head; eyes ache; pretty constant pain between the shoulders; soreness at pit of stomach, on

pressure; chills run along the back, with a good deal of general chilliness; cold feet; hands burn; restless sleep; tightness across the breast; cough not very troublesome; expectorates a yellow phlegm in the morning; a whitish mucous to-day; spitting of blood and severe night sweats some time ago; loves pickles.

NUMBER THIRTEEN. 77.

Rapid pulse; red tongue; daily chill; heat in the palms; very poor appetite; irregular bowels; sleep tolerably good; cough very troublesome, especially in the morning; some spitting of blood; night sweats; whitish, frothy, thick spittle.

NUMBER FOURTEEN. 80.

Frequent pulse; pain in the back, head, and between the shoulders, frequently; also in right side; very chilly; cold feet; costive bowels; some difficulty in breathing; cough is troublesome, mostly on lying down; expectorates round globules of yellow matter.

NUMBER FIFTEEN.

Bad taste; yellow tongue; now and then a chilliness between the shoulders; regularly every day once or twice; generally in the morning; pain under the ribs; a gnawing feeling at the stomach, when fasts too long; cold feet and hands at one time; burning at another; bowels costive; sleep good; frequent clearing of throat; a great feeling of tightness about the chest; flushing about the face, frequently accompanied with a burning sensation.

Some persons, in addition to the ordinary symptoms of consumption, have now and then a complaint almost peculiar to themselves; and probably the like would not be met with again, in six months practice; such as a numbness in the arm, leg, or thigh; a coldness on the inside of the foot, within the space of a dollar; pains about the lower edge of the ribs, running round towards the back bone; a fixed pain covered by

the hand, at the bottom of the breast bone; a sensation, as of the heaviness of lead, at a particular part of the breast; then of a raw, burning feeling; others refer to a particular part of the chest, as if there was nothing there; as if it were perfectly vacant; another has pain at the end of the breast bone, confined to a spot which a copper cent would cover; a drawing cord like feeling annoys some; one man will have, with other symptoms, a constant dull pain, or heavy uncomfortable feeling, at the back of the head, for weeks and months together; while another is more troubled with a frequent and sudden flushing in one particular part of the body, under the chin, one side of the face, or neck, top of the head or inner part of the thigh; pain behind the breast bone; great uneasiness in standing; a feeling of vacancy or "goneness" at the lower part of the breast; a small dry spot in the centre of the hand or foot; a sensation of coldness to some part of the lungs, on drawing a breath; one has an internal itching, within the lungs themselves, or an impression of an insupportable weight, on lying down at night, on some part of the breast; a daily chilliness between the shoulders; sensation of heat along the inner edge of one foot; expectoration occasionally, of little pellicles, rounded, shot-like substances, more or less clear.

After all, the general reader will conclude, that Consumption must be a very indefinite kind of disease; and it is true, that there is scarcely a symptom to be named, which consumptives have not complained of at one time or another; nevertheless, there are three or four symptoms, either of which, if let alone unchecked, will infallibly end, sooner or later, in unmistakable Phthisis.

First: A spiteful dry cough, coming on without any apparent cause, on going to bed or getting up in the morning.

Second: An occasional mixture of blood with what is expectorated.

Third: A frequently recurring or fixed pain in any part of the breast, with general debility.

The worst of these is the cough, which no cough syrup ever

sold has removed longer than while using it, but only smothers, the more certainly and speedily to destroy.

As to spitting of blood, it is often lightly thought of, as persons do it who seem to be as hearty and well, and feel as well as any body. My uniform observation on this point is simply this: Inquire for them a few years afterwards, and in four cases out of five, the answer will be—"he died of Consumption." A man may persuade himself that it comes from the stomach, or throat, or nose, or anywhere else, but I tell you, reader, let it come whence it may, it is most assuredly, in four cases out of five, the certain herald of Consumption and death, unless proper care be taken; just let it alone, and you will inevitably die from its effects. Its appearance shows one of two things, as a very general rule, either that the lung vessels are dangerously weak, leaving a person liable to death, from rupture, within any hour of his existence, from sudden excitement, jar or strain; or, which is scarcely less comforting, it indicates that a man's lungs are in process of being eaten away; and that is the last stage of tubercular disease. Yet I can, and do more certainly, and permanently, cure such, than where the spiteful dry cough is the prevailing symptom.

In opening at random a volume of one hundred and fifty cases, of persons coming to me under apprehension of Consumption, beginning or begun, I find that to the question—*What symptom annoys you most?* ten consecutive persons answer:

- | | |
|------------------------|-----------------------|
| 1. Throat. | 6. Spitting of blood. |
| 2. Cough. | 7. Costiveness. |
| 3. Short breathing. | 8. Weakness. |
| 4. Throat. | 9. Chills. |
| 5. Pain in the breast. | 10. Weakness. 78. |

ANOTHER TEN.

- | | |
|---------------------|-------------------|
| 1. Throat. | 6. Throat. |
| 2. Short breathing. | 7. Expectoration. |

- | | |
|---------------------|----------------------------|
| 3. Short breathing. | 8. Weakness in the breast. |
| 4. Expectoration. | 9. Cough. |
| 5. Throat. | 10. Cough. |

ANOTHER TEN.

- | | |
|--------------------------|--------------|
| 1. Pain in the side. 42. | 6. Cough. |
| 2. Throat. | 7. Throat. |
| 3. Expectoration. | 8. Throat. |
| 4. Weakness. | 9. Weakness. |
| 5. Weakness. | 10. Cough. |

ANOTHER TEN.

- | | |
|--------------------|-----------------|
| 1. Weakness. 46. | 6. Oppression. |
| 2. Throat. | 7. Cough. |
| 3. Cough. | 8. Cough. |
| 4. Cough. | 9. Weakness. |
| 5. Burning breast. | 10. Oppression. |

Principal inconvenience of ten consecutive persons who recovered.

- | | |
|---------------|---------------------------|
| 1. Cough. 48. | 6. Pain 'twixt shoulders. |
| 2. Cough. | 7. Burning feet. |
| 3. Cough. | 8. Pain in the breast. |
| 4. Cough. | 9. Weak breast. |
| 5. Cough. | 10. Cough. |

The best practical use to be made of the five tables above is this: If you have had any symptom named, longer than two weeks, there is cause for apprehension; do not sleep until you make an effort for its removal, and spare no pains to accomplish the object fully and completely. Go to a careful physician, of education and experience, and take no internal remedy unless he prescribes or knows its contents. I take it for granted, that no practitioner, who has any respect for himself, would use or recommend a remedy of whose constituents he was ignorant.

Some persons, and there are many, who, instead of asking their physician what to take, for fear of being "dosed to death"

by him, will turn upon their heel, and buy any syrup, or drops, or pills, which any person happens to recommend, and swallow them for weeks together. Patent medicines kill every year, more than the Faculty of Christendom, in a century. When I have myself taken cold or feel unwell, I allow nothing to pass my lips, not a particle of food or a drop of liquid, until I get well, which is always within forty-eight hours. In relation to colds especially, they can, if they are not the cold of Consumption, be almost always removed within thirty-six hours, if such a practice, (eat any thing, but take a drop of no liquid, not even cold water,) is adopted rigidly, the instant you find you have taken cold. But if you have long taken cold, nothing that can be swallowed, will do it any safe and permanent good; it will in spite of remedies, run its course of ten days or two weeks, and then get well of itself.

CASES ARRESTED AND PERMANENTLY CURED.

I proceed to give a few cases, all of which occurred in the practice of a few weeks. I merely give the more prominent symptoms when they came to me, and their unsolicited statements in relation to themselves sometime after. Names are omitted, as I do not communicate them even to private ears. I will not submit to the obtaining of practice by verbal or written certificates and recommendations. Those who come to me, must repose implicit confidence in my simple printed statements, otherwise, they had better apply elsewhere. My object is simply to show what kind of cases I cure; what kind of complications of diseases have been removed, by the mode of treatment which I have adopted; and certainly it is no more than fair to suppose, that I will not be less successful in similar cases hereafter.

CASE 1. A young man aged twenty-two, dark hair and eyes, tall and spare, principal symptoms, fixed pain in the left breast, emaciation, weakness, a troublesome cough at night of many months duration. I did not see him after giving him

the prescriptions, but he called in two months to say, that he felt and believed himself to be perfectly well, having gained twenty pounds in weight.

CASE 2. Tall, thin gentleman aged thirty-eight. Taken with a cough three years ago, which now excites nausea and vomiting, with morning expectoration, left side fallen in. Writes in two months, that he believed with a little longer attention to the remedies, "my disease would be entirely removed." And with the letter, sent me another patient. Saw him once only.

CASE 3. A young lady about eighteen, dark hair and eyes, well made and beautiful. Cold feet, pulse eighty-five. A very troublesome dry cough of eight months standing; expectorating mucous and blood. Reported by letter in a few weeks,— "My cough has almost entirely left me," &c. And more recently, from a disappearance of the symptom, believes that nothing is now the matter with her. Have not seen her since her first visit. Her friends had given her up as lost. She is now an accomplished and lovely woman, married, and a mother.

CASE 4. Merchant. Aged thirty, middle size, pulse ninety-six, pains between the shoulders, up and down the centre of the breast, and on either side, loose bowels, great nervousness and difficulty in breathing, night sweats, palpitation, great falling away. Mother died of Phthisis. First symptoms appeared seven months ago. Says at the end of four months,— "I believe you have entirely cured me." I never saw him but once.

CASE 5. Teacher. Aged twenty-two. Cold feet, great chilliness, nervous, costive, restless sleep, difficult breathing, hard cough every night after lying down three or four hours; expectorates yellow bubbly matter, about a quarter of a pint in twenty-four hours; pains in various parts, and night sweats.

Symptoms appeared two years ago, writes,—“ It is now seven weeks since I saw you; (the first and only time,) I feel a great deal better than I did then. I have no pains in any part of my body, little or no cough, am able to attend to my business, have no night sweats, was required to use the remedy for it but one night,” &c.

CASE 6. Married man aged twenty-six, pulse ninety-five, confined to bed all the time, daily chill, irregular sleep, cough very troublesome, frequent night sweats, unable to sit up. Attacked with spitting of blood two years before, repeated since; found him lying on his back in bed, asleep, heavy breathing, pale as a sheet, eyes and mouth open, waked up, looked wildly around and for sometime spoke incoherently, his case had been given up as utterly hopeless by several different physicians in succession. I prescribed for him. The next time I saw him, was on the fifteenth day, was walking about, in two weeks more, could walk a mile without much fatigue. I saw him no more. It was last year. A few days ago, a gentleman called upon me to see his wife, who was complaining. This gentleman, who was a neighbor of the patient, came to me in consequence of what he esteemed “ the perfectly miraculous raising up of the patient.” Not having heard from him for several months, I asked if he was well; “ yes, and as fat as a beef!” I prescribed for this gentleman’s young wife, and they turned their faces homeward, a distance of two thousand miles, in high hope of perfect recovery.

This case is of more importance than the space allotted to it would indicate. This gentleman had been suffering for two years. He had been prescribed for as a consumptive by physicians in different States, who had successively abandoned him as being in a hopeless condition. The physician who was in attendance when I was requested to visit him had practised medicine in a large city for nineteen years. He also considered it a case of Consumption impossible of cure. I believe the man would have died in two weeks.

CASE 7. A gentleman aged thirty-eight, pulse ninety, tightness across the breast, sensation of fullness in the left side, heat, sometimes violent burning in the palms and soles, costive, great nervousness, does not get to sleep usually until about two o'clock in the morning, cough troublesome in the morning, swelled ancles, spits up a yellow matter, considerable emaciation, great difficulty of breathing at the top of the breast.

This gentleman came to the hotel in a carriage with his physician, the exhaustion produced in coming up one pair of stairs to my office, was very great, and on being seated began to spit red blood profusely. He had three severe attacks of this bloody vomiting, and many smaller attacks, sometimes he was a month without any, then again he would have it every week or two, at other times every few days, and occasionally, as to-day, several attacks during the twenty-four hours. He had repeatedly discharged "pints at a time." These symptoms began ten years before. For several years past he had been compelled to give up all business. I saw him almost daily for two weeks, and then no more. This took place last year. In the spring of the present year, 1844, I received a letter from him, saying,—“I am happy to inform you that my health is very much improved, have had no return of bleeding since I saw you, and have increased fourteen pounds in weight,” (within the last three months.) And further adds,—“All your patients with whom I am acquainted, are doing well, with one exception.”

CASE 8. A man of fortune aged fifty, had been for some weeks under the medical treatment of a great practitioner, deservedly distinguished. Sent to know if I would call to see him. I refused the third time to go.

“But, Doctor, he is sinking every day, and cannot last long.”

“Then he has less time to lose. Bring him here.”

“His physicians say the risk is too great, and money is no object with him, you have only to make out your bill.”

"I decline the visit."

"But, Doctor, it is raining; would you have the man to risk his life?"

"Put him in a carriage, and let it rain on. It will do him good, his physicians are mistaken."

In the course of the day he was brought into my office from the carriage at the door, by three men. He complained in various parts; dizziness, cough, yellow expectoration, nervousness, palpitation, binding across the breast, burning in the palms, a frequent sensation of "goneness," as he expressed it, fixed pain in one side, &c.

After a leisure examination, I said to him,—“My friend, I can cure you.” He wept. I required him to occupy a room adjoining my office, and saw him many times a day for two weeks. Three months have now passed away. He has made a journey of a thousand miles by land and water, does not cough once in a day, expectoration has ceased, all pains have disappeared, walks five miles a day without fatigue, and believes himself saved from a speedy and certain death, by the means employed. I attended him but two weeks.

CASE 9. Hon. Judge J * * * * S * * * *, drove to my office from the hotel in an easy carriage, a distance of two squares. This was last year. He seemed fatigued; came to me as a last resort; thought he could only die any how, and “would try it for a short time.” He had pains between the shoulders; a red tongue; a frequent general chilliness; sleep very imperfect; great nervousness and difficulty in breathing; cough very troublesome at night; expectorates a thick yellow matter bordering on green, from a half to one pint in twenty-four hours, and this had often blood in it; night sweats, (and this was in the depth of winter;) good deal of palpitation or fatigue, on excitement of body; great emaciation; his clothes looked lost upon him; a continual tickling in the throat when in repose; astonishing weakness on slight exercise; goes to bed at ten o’clock, coughs half an hour or an hour, then sleeps

until one, has another spell of violent dry cough at first, then it becomes free; if he drinks water, causes him to vomit water and matter mixed together, then sleeps until daylight. The first symptoms were a dry cough several years previous to this time, but two years before this application, he had a blood vessel ruptured by the violence of the cough. He was unwilling to incur a greater expense than my first charge, and almost believed that he was throwing that away, the chances against him were so numerous, and scarcely one for him; so he believed, and his friends also, but more confidently. He took with him a very small amount of remedies, with a promise to return in a week or two, if they did him any good. I heard nothing more of this case for some six weeks, when two of his friends came early one morning into my office, for a certificate of burial—as I supposed. It appeared, however, that he was rapidly getting well, so much so as to want to know whether it was worth while to do any thing more. Soon after that, he was appointed by his fellow-citizens to welcome a distinguished visitor, which he did in a handsome address, honorable to himself and worthy of those for whom the sentiments were expressed. Subsequently he came to the city as a delegate to some State convention, a journey of a hundred miles or more. The conveyance being crowded, he had not slept any the preceding night, but after breakfast, joined in a public procession: and after having been on his feet, standing, walking, &c., until near three o'clock, walked half a mile or more to my office, before dinner, without special fatigue, saying—"I feel myself another man in mind and body." Three months have passed, and two days ago I received a letter from him introducing me to the eighth patient, in consequence of the benefit of my treatment in his case. The letter is as follows, omitting names:—

DEAR SIR,—Having myself derived much benefit from your hands, and knowing that your treatment is happily influencing the health of others of my acquaintance, I feel it a duty to

introduce to you persons who are desirous of consulting you, from no idle curiosity, but from a hope of securing permanent benefits. With this view, I take the liberty of recommending to you, Captain —, whose wife is much afflicted with a disease which I believe to be under your control.

The confidence I have in your course, induces me to hope that as many as possible may be placed under your directions. And at the risk of being troublesome, I cannot refrain from recommending persons to visit you, who are suffering, and who inquire the cause of the sudden and remarkable change in my own health.

Yours, truly.

In view of the above cases, it may be asserted with great safety, that there can be no good reason why others having similar symptoms, may not, by the same treatment, experience in their own persons, the like happy results.

N. B.—It is now four or five years since the above cases were first published, and I have the gratification of knowing that all are still living and doing well.

A case of this kind occurred to me:—An unmarried man aged thirty, pulse one hundred, had a bad taste, dry white tongue, pain and weakness in the small of the back, dull heavy feeling in the head, can't stoop over or stir about quickly, occasional pain across the upper part of the breast and shoulder, pain under the edge of the left ribs, a falling away and weakness in the pit of the stomach, when long without food, cold feet, hands always dry and husky, costive, sleeps very uniform, but becomes restless before morning, difficulty of breathing and fullness at the top of the breast-bone on going to bed, a light yellow expectoration, father and sister died of phthisis, if he sits down long, he has pain around under the ribs: if he walks a mile, he fails about the stomach and edge of the ribs: if he stands still, he fails about the back: has a violent dry cough, when he goes to bed and when he gets up, coughs if he draws a long breath or drinks a glass of cold water, or presses his hand on his breast, or comes into a room, or begins

to talk, or whistle, or even brushes his whiskers: sometimes in entering my office, will cough incessantly, rapid, dry and hard, for fifteen minutes or more.

He had taken divers medicines: had employed different physicians; cut off the uvula, and did various other things, to no purpose. After he had been with me a month, I find the following memorandum in my note-book: "Every symptom abating; can rub the chest or strike upon it with great force, or talk, or whistle, or brush whiskers, without exciting cough as formerly, breathes freer, can sit or stand without having pain or restlessness or failings around the loins, as he had for two years together previous to visiting me."

In another month he was as bad as ever. This change was produced by incidental circumstances not important to be named. I varied my plan of treatment, gave him full directions, and sent him home, two thousand miles distant. One year afterwards he wrote me thus:—

"I go out in all weathers, have become a great deal stouter and some heavier; I can walk for miles and up the largest hills we have, without minding it much; can draw a full breath, sing, whistle, and can talk longer, without its causing me to cough; I am out in the coldest days in winter, without being near a fire, and scarcely cough once." A year later, and he writes to his friend, a commission merchant of New Orleans, "I have regained my health. I am often out from morning until night, during the coldest days of winter, in latitude forty-three, without the slightest injury: and very few persons can undergo as much as I can in the twenty-four hours!"

Within a few months past, I have had several cases of interest. A merchant's lady aged thirty-six, had within a year or two, several attacks of inflammation of the lungs; for five years had severe dyspepsia, fluor albus, and for four years, falling of the womb, which last had at length produced the effect of incapacitating her to walk but a few yards without great inconvenience, not even about the house. She had fevers, pains in the back, between the shoulders, in the side, and

a constant, painful, drawing feeling at the bottom of the breast-bone, chilliness, costiveness, copious and daily expectoration of large quantities of thick yellow matter, a frequent hacking cough during the day, but worse on lying down, or immediately on waking up in the morning, sometimes exciting nausea and vomiting.

I prescribed at once for the prolapsus, and then for the other symptoms. In three weeks, cough had almost ceased to trouble her; bowels, appetite and sleep all regular, and could walk a mile to church and back, and attend to various Sabbath and Sunday-school duties, without special fatigue. I consider this a most remarkable case of the happy effects of a few simple remedies judiciously applied.

A number of cases of a combination of symptoms of a dyspeptic character rapidly tending to confirmed Consumption, I have been able to relieve, with a surprising and gratifying facility; and those symptoms not having returned within a year, may be considered as permanently removed.

A man aged thirty, complained of a pain of six months' standing, immediately behind the breast-bone; within a week I caused its removal, and it never returned; this was the principal of many other symptoms, all of which disappeared.

A gentleman of fortune, aged twenty-six, unmarried, of a consumptive family, had spitting of blood as the principal symptom for two years; it gradually increased in frequency and quantity in proportion to the care he took to ward it off. He came into my office, the thermometer seventy-eight degrees, muffled up from head to foot, enveloped in every part with extra flannels and handkerchiefs; he could not walk a hundred yards without spitting blood; he was almost afraid to move, and never did so, even to rise from his chair, except in the most careful, measured and deliberate manner. I prescribed. In three days the expectoration ceased; in a week he could walk two miles without fatigue. After a month, he was still improving, and wrote to know if I would allow him to take a journey overland five hundred miles, to marry a

beautiful Carolinian heiress of seventeen; and is now canvassing through the country, day and night, through all kinds of weather, for one of the highest offices in the State, with daily increasing health and strength, and is well worthy of the place he aspires to.

WHAT IS BRONCHITIS?

The wind-pipe divides at the bottom of the neck in front, and sends a branch to each side of the chest; these two branches, as they dive further down, send off other branches, becoming continually smaller and more numerous, until they can scarcely be distinguished, ending in a bulb or small bladder, and these small bladders are the lungs themselves, the small branches of the windpipe which terminate in these bladders, are called bronchii. The word "*itis*," at the end of a term in medicine, always means inflammation; which is, more blood in the minute vessels of a part, than is natural, producing redness, heat, pain and swelling. Bronchitis, then, is inflammation, an increase of blood in the smaller branches of the wind-pipe.

Bronchitis, catarrh and a common cold, are one and the same thing essentially. Many persons who have a cough or sore throat for some time, feel quite relieved when told that it is bronchitis; taking it for granted, that if it is bronchitis, as a matter of course it cannot be Consumption. Bronchitis is a general term, embracing any inflammatory affection of the wind-pipe and its branches, from the slightest possible common cold, to the last gasp of Consumption. A common cold, or inflammation in the throat, begins Consumption, and inflammation in the throat ends it. The general meaning attached to bronchitis, is an affection of the throat, which has fixed itself there; that is, an inflammation which is of longer duration than a simple cold. A great facility in catching cold and a great facility in having a slight sore throat, are to me the great heralds of Consumption fixing itself in the system. And if men would but take the kind and timely warning, Consump-

tion could be indefinitely warded off in millions of instances, and in the large majority of cases, without medicine of any description, internally. And I here declare, from an unwavering conviction of its almost unqualified truth, that the expression, "almost any thing gives me a cold, or sore throat," is a fatal harbinger of a consumptive's death; and taking cough medicines to remove them, only hastens the consummation, by lulling the victim in treacherous security; a cough of several weeks standing, that becomes easier, or disappears while the remedy is taking, and re-appears when the remedy is discontinued, ought to be set down as Consumption already begun. But let bronchitis be what it may, in the language of Dr. Stokes, "it has a most important share in almost all diseases of the lungs."

SYMPTOMS OF BRONCHITIS.

It is usually accompanied with irritation in some part of the throat, a harsh, dry cough, then considerable expectoration, sometimes an incredible amount is raised, by spells of coughing. The matter thus expectorated is various; sticky, tough, thick, dark, yellow, green, bloody, &c., according to circumstances. There is usually no decided pain, but a soreness or tightness in the breast, difficulty in breathing on slight exertion, weakness. The voice is variously affected. Sometimes the patient can only speak in a hoarse whisper.

Speaking of the symptoms of bronchitis, Dr. Stokes, of Dublin, observes: "We may get a good idea of the ordinary form of this disease by considering it as a species of glut of the mucous membrane; in which the inflammatory irritation, if it exists, is, in many cases, not so severe as to act emphatically on the system; so that patients under these circumstances, although laboring under cough and expectoration, may yet preserve a good state of general health. Nutrition may go on well; there may be no fever whatever, and even but little dyspnoea, unless upon considerable muscular exertion. In

such cases, there is generally a more or less complete remission of the symptoms during the summer season, but when winter approaches, the cough and expectoration become more troublesome, again to subside on the approach of summer. Thus may these patients continue for years, when the durations of the remissions become less, their completeness diminishes, and a permanent irritation and flux are established. This may have various terminations, giving rise in one patient to dilation of the tubes, in another to Laennec's emphysema, and in a third, to the complication of these affections with phthisis, morbus cordis, hydrothorax, or general dropsy. The sufferings of these patients vary according to the degree of nervous susceptibility of the lung, as we observe that, in some, asthmatic symptoms may be established, while in others the disease never assumes this character.

When the flux becomes very considerable, there is often a great degree of emaciation; yet in such cases I have remarked that the circulating and digestive systems often continue in a singularly healthy state; a circumstance which, as far as it goes, is of importance in the diagnosis between this affection and tubercular phthisis. I have already stated that, in certain cases, a chronic bronchitis becomes complicated with tubercular disease of the lungs; *and my experience leads me to conclude that this occurrence is much more frequent than has been hitherto supposed.* In describing phthisis, I shall return to this subject, and here only remark that, as far as I have seen, this result of bronchitis is more common in individuals who have passed the meridian of life; and although the transition from this state of mere bronchitis, into that of the tubercular complication, is commonly slow and indistinct, yet, that it is pointed out by a general, though gradual, failure of the vital powers, by the pulse becoming accelerated, and by a slow, though decided emaciation of the patient.

Under these circumstances a careful physical examination, will often enable us to detect some degree of solidity in the

upper portion of the lung, advancing slowly, and ultimately, though *almost always* at a remote period, being succeeded by the signs of *ulceration of the lung*.

This most unfavorable change in the symptoms and signs, I have seen to supervene at so late a period as four years after the first invasion of the bronchitis. The patients appear to resist the tubercular development for a great length of time, and then, in some cases, without any obvious exciting cause, and apparently from the constitution giving away, and, in others, after some access of local irritation, or general disease, did this fatal complication become slowly, but decidedly manifest. The characters of the expectorated matter in bronchitis, are so varied, that to give any description of them, which would be at the same time clear and succinct, is indeed extremely difficult. The secretion from the bronchial mucous membrane, may be modified in quantity and in quality, and the extent and number of these modifications are infinitely numerous.

Some persons have applied to me laboring under a form of bronchitis, who would be attacked with "spells" of difficult breathing, amounting almost to strangulation: a violent fit of coughing would then come on, which would end in bringing up a "plug," and at other times a long cylendrical substance, which by forming in the larger bronchial tubes, went on to obstruct the breathing, as they filled up, and would have produced sudden death, (as indeed, has been the case sometimes) had not nature, by a convulsive effort, sought to relieve herself."

The above description of bronchitis, by Dr. Stokes, amounts to what I have stated in another part of this work; that, sooner or later, bronchitis ends in Consumption; now and then, the inevitable result may be protracted to three or four years, but it is Consumption at last. Showing how vain is the ground for that feeling of relief, which most persons experience, the instant a medical man utters the (to them) sweet words, "It is nothing more than bronchitis." And I will state here, what has been done on another page, for the sake of increasing the

chances of its being noticed, and perhaps improved in time, that such a decision indicates a deadlier form of consumption; because it proves a consumptive constitution, with a generally fatal disease of the throat combined; causing, as it were, a double death! death by the eating through of the windpipe or main branches; and death by the irritation, inflammation and suppuration, being gradually extended to the lungs. Hence, on examining persons after death, of whom it was said "it is only bronchitis,"—portions of the windpipe are all ulcerated, and tracing downwards it is found that the lungs also have partly rotted away. Such, at various intervals, from a few months, to three or four years, is the termination of what is usually called "only bronchitis." To this effect, is the testimony of Dr. Stokes also; whose authority will not be denied by any intelligent physician, on either side of the Atlantic.

A common cold is an acute bronchitis; while the disease which is usually called bronchitis, is "chronic bronchitis." The former, if the constitution is otherwise in good condition, generally gets well of itself, in a few days. But I have never known a case of chronic bronchitis to get well of itself. Its progress is sometimes rapid, more generally slow; but fast or slow, its end, unarrested, is certain death. But the principal symptoms of both the acute and chronic form, are alike; that is, fullness in the breast, or difficult breathing, coughing and pain. As, however, a common cold ordinarily gets well in a fortnight, a person need not be long in suspense. Yet sometimes, an individual is so susceptible of taking cold, or of renewing the old one, that the symptoms may be present for months, it may then become a matter of almost life and death, to decide promptly, whether it is still a common cold,—acute bronchitis, or whether it is chronic bronchitis. If it be chronic bronchitis, it is, in my opinion, worse than Consumption; for it is consumption, with a tedious, painful and distressing affection of the throat added to it. As an evidence of this, the reader will perhaps be scarcely able to recal to mind a single instance of

chronic bronchitis, whose termination was not marked with symptoms, identical with those of Consumption.

In Dunglison's edition of *Cyc. of Practical Medicine*, a work which every educated physician should possess, it is well observed, that "It is no easy matter to define distinctly, the character which entitles a case of bronchitis, to the distinction of acute or chronic. The duration of the acute disease is very varied; and it is frequently renewed for such a length of time, as might truly gain it the name of chronic. The distinction which Andral gives, although by no means perfectly exact, is perhaps the best, inasmuch as it is founded on the pathology of the mucous membrane itself. As long as the expectorated matter remains glazy and viscid, uniting in mass, and without opacity, the inflammation is acute. Towards the termination of an attack of this kind, the sputa become opaque, and are expectorated in distinct masses; which, although consistent, are not very adhesive or glutinous. Sometimes, instead of diminishing and becoming more consistent, as when the disease is about to terminate, they remain in this state, or increase and become diffuent and heterogeneous in quality, without sensible increase of fever; and they then indicate inflammation of the chronic kind. Chronic bronchitis, in its slightest form, manifests itself only by habitual cough and expectoration, which are increased by certain changes of weather, and generally prevails most in winter and spring. It is most common in advanced life; in fact very few old people are perfectly free from it. In its severer forms, it is accompanied with dyspnoea, occasional pain in the chest and about the præcordia, and some febrile symptoms, especially towards evening, palpitation, and disorder of the digestive functions. The cough is sometimes very severe, especially at night, and the expectoration copious; and if these persist long, they seldom fail to waste the body and reduce the strength. The character of the expectoration is various. Generally it consists of a greenish white mucus, or it may assume a muco-purulent appearance, and is often mixed with a little thin pituita. Sometimes the

pituita are abundant, as in pituitous catarrh, and a few masses of brownish or ash-colored mucus float in it. Sometimes it is purulent, and streaked with blood; and in some cases it is real pus, presenting all the varieties that are seen in pus from other sources. In such instances, there are generally a quick pulse and signs of hectic; and the disease tends to a fatal termination, with night sweats, emaciation, diarrhoea, and all the common symptoms of pulmonary Consumption."

If bronchitis is recent, it can be cured in a few days: if, however, it be of weeks or months duration, it is more difficult of removal, and requires a more protracted effort. It may be found, on investigation, that the most common cause of this disease, is the habitual breathing of air loaded with particles of dust, whether from vegetable, animal or mineral substances, going suddenly from a hot, or even very warm atmosphere, into a cold one, or vice versa; or the application of cold in some way or other; damp clothes, damp houses, abrupt exposure to raw air, especially after a free employment of the vocal organs. I do not believe that the use of these organs in any way, whether in singing, or public speaking, or reading, is ever of itself the cause of bronchitis. Bronchitis is the manifestation of a consumptive constitution previously existing, and ought to be regarded as a herald of an approaching and deadly enemy. It is merely a breaking forth of hidden fires, from exposure to the causes just named. I believe that a man must have a consumptive constitution, before he can have bronchitis, according to the general acceptation of the word; and that whatever doubts he may entertain of his having the disease before, when bronchitis is added to the other symptoms, there remains not the shadow of doubt. The reader will perceive that I merely make assertions here. I do so, because years of painful observation have made them facts, and they need no reasoning to confirm them. I will only add, that there is nothing lost by acting upon them practically, while by neglecting them, you lose life.

A very large proportion of cases of bronchitis could be cured,

if taken in the beginning; and what is much better, can be effectually prevented by the following precautions: Instead of the uncouth and inappropriate military stock, or the broad and cumbrous cravat, wear around the neck a piece of riband, or some tasteful substitute, loosely tied. This would be sufficient, even in winter. The change should be gradually made; and the habit should be adopted of rubbing the neck and throat well every night and morning, with a coarse cloth dipped in a tea cup of salt water on getting up; but using common cold water on retiring. This operation should be continued five or six minutes rapidly, and sufficiently hard to redden, but not abrade the surface. It is in default of such simple, precautionary measures, that many of our loveliest and most efficient ministers are incapacitated for life, or go down to a premature grave in the morning of their usefulness. Let those who are following on, take warning in time, and look with serious alarm on any unusual tendency to "clear the throat," or to "have a sore throat," or any burning feeling there, however slight; and in addition to what has been named, to chew a piece of white paper during the day, until the feeling is most thoroughly and effectually removed. The salivary glands are thus excited to pour out their secretions, and lubricate the passages, with nature's own preparation, which is infinitely better adapted to the purpose than any medicament of man.

In bronchitis, as in every other ailment, the practice of every reflecting man ought to be, never to take a particle of any thing that could be considered in the way of medicine, if he can possibly get well without it, even though it may require a longer time. There is no medicine that is not a poison; by which I mean, that all medicines are poisonous in larger quantities, and the less of them is taken the better. I do not wish to be understood as being opposed to the use of medicine, but I wish to discountenance the blind, hap-hazard and ruinous practice of taking any thing, for any thing. Medicine is essential to recovery from many diseases, but it ought only to be taken as prescribed by a careful and experienced physician.

Many persons are tempted to "save a doctor's fee," by taking some medicine which is represented as having this great advantage over all others, "it can do no harm, even if it does no good." The experience of every observant man, in matters of this kind, is simply this: that, which taken as a medicine can do no harm, will certainly do no good, and instead of being money saved, it is money thrown away, at the expense of being made a fool of. A good constitution is worth all the world beside, and yet how many are hopelessly ruined every year by unwise delays, or the penny-wise policy of saving a doctor's fee, and swallowing the poisons of quackery. The first great and best method of having a good constitution is to take care of it; the next is to take immediate advice from a respectable physician, when it is the least threatened with disease; if nothing serious is the matter, he will prescribe no medicine; and if there is, a single pill or a few drops, promptly administered, may prevent, what gallons cannot cure.

In reference to this same subject of the free use of "simple medicines" which the invalid prescribes for himself, on his own responsibility, the classic Sigmond very pertinently and forcibly writes, "That which is commonly considered a most innocent medicine may be the source of the utmost harm, if it be taken at an improper moment, or under unfavorable circumstances. Medicines generally and apparently unhesitatingly prescribed, are given with safety by those only who are intimately acquainted with their *modus operandi*. Thus magnesia, than which nothing can be more useful under proper regulations, and nothing is considered more simple, has been productive of fatal consequences, from the ignorance with which it has been administered, or the perseverance in taking it, when it has failed in its expected influence. Masses unchanged have been found after death closely collected together, or patches of the powder adhering with the utmost pertinacity to the intestines, because there had been none of the acid with which it should combine to be properly efficacious. Some very curious instances of this kind are upon record, and some of

the cases have been, from apparently suspicious circumstances, made subjects of legal investigation; for even death from arsenic has been supposed to have taken place, when examination has shown that magnesia has been its cause. Manna, so useful a laxative to children, is not to be used incautiously, notwithstanding its usual harmlessness. When much vegetable food has been taken, more especially in young children, if this remedy be given, dyspepsia of a most aggravated character occurs; the quantity of flatulence produced has been a fearful evil, and the consequences have been alarming. Castor oil, one of the favorite popular remedies, if given under improper circumstances, will not only occasion excruciating tormina, but will be the cause of the expulsion of the mucus which lubricates and defends the passage from injury, and what have been supposed to be exfoliations have taken place, leaving behind a surface so irritable, that months have elapsed before a normal state has prevailed. The neutral salts, those of Epsom, of Cheltenham, or of Harrowgate, are not to be trifled with; and many individuals who have recourse to them without proper advice, have to repent that folly; diarrhœa, dysentery, and sometimes dropsy, supervene upon their injudicious use. Gamboge, which has lately crept into fashion as a purgative, is of all others the most uncertain, and oftentimes the most pernicious; its influence is principally exerted on the muscular fibre, and hence peristaltic action is increased; and as there are many who, from want of proper attention, have costiveness dependent upon a sluggishness of action, they find benefit from pills in which this forms a principal ingredient. Its power, when it is properly exerted, is very striking, and it becomes, in the hands of the well informed man, a very valuable adjunct, but it is a most energetic engine of mischief; it has been known to produce intusussceptia, having from the rigor of its action, caused an inverted motion, such are its stimulating powers upon the muscles; and in some of these instances which have come before the public of death produced by violent action of pills upon the intestinal canals, this drug has

decidedly been the means employed. The good sense of the public has taught it to give up the constant employment of aloes, once the basis of every pill that was to act upon the bowels, and gamboge, which is infinitely more mischievous, has unfortunately been substituted; but, of the two evils, the haemorrhoids produced by aloes are infinitely preferable to the disease and to the results consequent upon the other purgative. Even senna, the valuable ingredient of the black draught, and which certainly comes nearer to a harmless domestic remedy than any other, is not so alone; it will disorder the smaller intestines for a great length of time; it is not only a momentary cause of griping and of inconvenience, but it leaves behind it a very great tendency to those uncomfortable sensations, and more particularly if the liver have not been previously called into some slightly increased action, by which the bile is poured forth, and thus the general action of the intestinal canal be duly and properly augmented; these circumstances demand the very greatest caution and attention. Indeed, a catalogue of sorrows occasioned by the indiscriminate and foolish use of purgatives might be drawn up; but such is the headstrong tendency some have to doctor themselves, that it would be rather a curious, than a useful, task to undertake it."

I mentioned a while ago on the subject of dyspepsia as leading to phthisis,

A lady had troublesome dyspepsia for several years, ending in obstinate constipation; frequently three or four days would pass, and medicine failing, she was getting into the habit of using injections, and this condition of the system was gradually dragging down the constitution, weakening her every day, with dry cough. A few weeks' attention to my directions, caused a daily regularity, strength gradually increased, appetite improved, and dry cough entirely disappeared. I used no medicines and no injections; neither for this, or for any of the symptoms of Consumption, do I use blisters, issues, seatons, or other painful remedies.

Having for many years declined the general practice of

medicine, and having confined my attention to the treatment of Consumption, and those diseases connected with or producing it, such as SCROFULA, BRONCHITIS, CONSTIPATION, SUPPRESSIONS, FLUOR ALBUS, OR WHITES, FALLING OF THE WOMB, DISEASED LIVER, DYSPEPSIA, and long continued ill health, from whatever cause, it will be apparent, that I have many opportunities of making examinations, and witnessing every possible variety and complication of this dreaded disease, its history, its progress, its end. In any given case, I am able to decide with great certainty, whether the person has consumption or not; and I am not often very far deceived as to the time an individual may live, if nothing is done for him. There are certain signs which present themselves, in the great majority of cases, months beforehand, and if not attended to, death is the inevitable consequence; in no one instance have I ever known them fail. I have known them to appear ten months in advance. Books do not communicate them; they are only to be learned from study, observation of actual cases, and comparison. It has several times occurred to me that persons were declared to be in Consumption, and beyond all hope of recovery, when in two minutes' examination, it was quite apparent that the disease was entirely absent from the system, as subsequently evidenced by a perfect and continued restoration of health, by means which otherwise could not have made such an impression on the system.

To be relieved from such a heavy and gloomy apprehension, when there is no rational ground for its existence, is worth far more to any individual, than the amount elsewhere named for an examination; and although that examination is made in a few minutes, and without inconvenience to the person, or much trouble to myself, I choose that the compensation I receive, shall bear at least some proportion to the benefits which I am able to confer; especially as I have spent many of the best years of my life in preparations necessary to my calling, and selected so hopeless a branch of medicine, that few dare attempt it under any circumstances. To Consumption, I

confine my investigations, my reading and my study, by day and by night, at home and abroad; and as I always have cases on hand in every stage of the disease, I know precisely every step that is taken, the result of every new symptom, and whether it be for life or death. In saying these things, I do not wish to assume to myself any exclusive ability beyond what any common capacity may acquire, whose facilities of observation have been equal to my own; for the indications are so distinct, so striking, so uniform in the great particulars, that it is impossible, under certain conditions, to be mistaken.

I do not claim to myself an exclusive ability to cure Consumption; nor do I choose to speak against the plans of practice which other gentlemen of the Faculty may have adopted to master the disease. I never will designedly throw an obstacle in the way of another. I am doing well enough, and the pure satisfaction my own success gives me, and repeated as often as I meet, months and years afterwards in health and gladness, those whom I have saved, leaves me no time or inclination to mar it for an instant, in speaking unkindly or disparagingly of the mode of practice adopted by others. But this I will say, that there are certain general principles of practice to be observed, without which, up to this hour, Consumption never has been cured by any man; and by these alone it may be cured in many instances, but in addition to these, there are several things peculiar to my own mode of practice which others have never known, which leaves their chances of success, in any given case, immeasurably behind me; and whenever it can be reduced to such a system, and be presented in such a manner that an improper application of it cannot be made, it shall be presented to the world free for all; for many a system or invention, fraught with blessings to millions, have been retarded for a century, or crushed forever, by presenting it to the public before it has been fully matured, in consequence of the opprobrium thrown upon it by ignorance, prejudice or envy. Even now, a man who professes to cure Consumption, is regarded with an ominous shrug, or

an incredulous smile; but Gallileo was chained in a dungeon, because he declared that the earth moved in an orbit; and Harvey lost a practice worth twenty thousand dollars a year, in London, for saying that the blood circulated,—but notwithstanding, the world does move round, and blood still courses through human veins. And so it is in relation to the system of practice proposed by me; it is safe and effectual, although the multitude, from prejudice or incredulity, may refuse its trial, or procrastinate even its examination. Every body believes that Consumption cannot be cured, because every body else believes it; and until this impression is superceded by a wiser and more humane sentiment, the great multitude will continue to court, by their inactivity, a weary, wasting, wretched death; while only here and there one can be found, possessing the moral courage and energy of character, sufficient to breast the prejudices of the many, and make a determined and steady effort of weeks, and even months, if need be, to master the enemy, and live, and be young again.

My patients are mainly of two classes. The first are those who apply to me in consequence of the benefit which some one of their friends or neighbors derived from my plan of treatment: these come without prejudice, cheerfully and confidently. The second class are those who, having tried every body and every thing they could hear of, without any permanent advantage, are determined to keep on trying, feeling perfectly convinced they will certainly die, unless they do something, and seeing at once that my method of treatment is neither painful nor dangerous, they are satisfied that at all events, there is no risk to run, nothing to lose; while on the other hand, they may gain life; and that inasmuch as I propose to cure the disease, and attend to nothing else, I am more likely to succeed, than those who do not believe it can be cured at all, and consequently make no effort to accomplish it.

TO PHYSICIANS.

I have some ambition to maintain at the highest standard,

the true dignity of the medical profession. It was my privilege to graduate many years ago, in one of the two first medical schools in the Union, after having received a second Collegiate degree. The Faculty at that time was composed of men who possessed to an unusual extent the "pride of profession;" and no small portion of their teachings were directed to the inculcation of an open, friendly and dignified professional intercommunion, liberality of opinions, and "a spirit of inquiry, always anxious to learn, and willing to receive information from any source." Such teachings make a ready and lasting impression on the minds of young men, because such principles are rational and manly. In carrying out these principles, I have made it a uniform practice, never to disparage the profession in general, or the practice of any one physician in particular, in any instance. My success does not depend on the depreciation of another. If in any particular case, the plan of treatment has not been such as to meet with my approval, I am satisfied to believe, that there might have been conditions at the time of prescribing, not now appreciable, which rendered the course pursued not only unhurtful, but absolutely necessary. And I have uniformly found, that he is destitute of any solid merit, who, in order to gain the confidence of the family, makes the first step, by depreciating the practice of his predecessor, whether by a shrug, a hem or a direct assertion.

I have been led to make these remarks, because many persons have applied to me after having been discouraged from doing so by their physician, who not only knew nothing of my plan of treatment in general, but could not know what would be my course in relation to any particular case; for every person requires, in some particular or another, a modification of treatment; no two are ever cured in precisely the same way; this is not well, for he does not know what I will do in any particular case, and of course cannot tell whether it would be proper or not. He acknowledges himself unable to cure the disease, because he does not believe it curable. But it must be evident to any one who will reflect for a moment.

that as I make it my whole study, and have for years, at home and abroad, I am more likely to know something about it, and be able to cure it, than one who knows little or nothing, and does not attempt a cure. I cannot but think that many of those who so readily assert the incurability of phthisis, are those who feel very sure that they themselves have no symptoms of the disease, and have no life to lose by doing nothing. I have no objection to a man's declaring his inability to effect a given object, but I have an objection to his declaring that no body else can; it indicates a very striking want of a virtue which all who are truly great, largely possess.

My uniform custom, and one which affords me a great deal of satisfaction, is to speak disparagingly of no system or practice, which I have not had the opportunity of deliberately investigating for myself. It requires a previous marshalling of belligerent and angry elements, to speak or write against a man or system; and I do not choose that my own quiet flow of happiness shall be interrupted in any such way. I could not under any circumstances, bring myself to abuse any given system, when I knew nothing about it; that is, when I had not an opportunity of examining it carefully and fairly for myself; for there might be a great deal of good in it, and I should be sorry to stop the smallest flow of good to a world so full of ill as ours. Besides, I do not see how I could be honest, and abuse or depreciate a thing which I knew nothing about, whether in medicine, religion, the arts, or any thing else. If on investigation I find no good in a system, I choose to let it alone, for there might be good in it, which my want of enthusiasm or perspicacity, prevented me from discovering. And more, my time is more agreeably and fully occupied in endeavoring to extend the benefits of my practice, or in contemplating the good it has bestowed on others, who placed their lives in my hands.

In order to give a general idea of the kind of complaints for which persons apply to me for a cure, I will present a number of cases from my note-book, all of which occurred within a few

days, and consecutively. I do not mean to say that these persons believed that they actually had Consumption, very far from it, not one in an hundred believes any such thing—until he is dying; they very readily admit that they may have some symptoms which might end in Consumption, unless something is done to remove them; but as for having actual Consumption, a man would as soon admit that he was dead already; indeed persons frequently exclaim, “Doctor, you don’t think that I have Consumption, do you? I’d rather be dead at once, than to be wasting and wearing away for weeks and months together, and die by inches.” Such is the just horror which prevails in relation to this malady; and I freely confess it is a terrible mode of putting off mortality. Nor have I found it in general, to be that quiet, painless sinking into the tomb as frequently described; but it is to be perfectly conscious of every thing passing around you, except of the fact that you are dying; the man is too weak to turn upon the side, or scarce raise the hand: he seems as if he wanted strength to die; the feeblest whisper requires a painful effort; large masses of putrid lungs are forced up into the throat, and there gurgle and rattle and accumulate, until the air passages are closed and threaten suffocation; one deathly effort to cough, and it is cleared away, and he breathes once more, but so exhausted with the exertion, as to be almost unconscious of life; and no sooner does he begin to live again, than there is another accumulation, and another suffocation threatened; this alternate labor and short repose is continued the live long day, and through the wearying hours of night, until at length the exhaustion is so complete, he cannot cough; a faint effort to do so, only brings it up far enough to fall over into the throat, and descend into the stomach a putrifying mass, whole pints of it together; in a short time, even this method of riddance is cut off, for there is not the strength to make even the preparatory effort at a cough; and the wind-pipe fills up, less and less air passes along it, and the poor wretch in his blindness, (for exhaustion and congestion have taken away his sight,)

makes convulsive but fruitless efforts to raise his hands to his throat, as if to tear away something there which was strangling him to death; a pressure of a million pounds seems to be upon his heaving breast, and he implores you with a look to take him from the bed, to carry him to the window, to lay him upon the floor, to let him stretch his limbs, as if he thought to run away from such terrible sufferings, but it is all in vain; he sees it now, feels it, gives up, falls back, gasps and dies!

In corroboration of the above, Sir James Clark says, "It has often been stated that Consumption is a mild disease, by which the patient is imperceptibly wasted away, without pain or suffering, indulging the hope of recovery to the last. They must have witnessed but little of this malady, who could state this to be its general progress. The miserable sensations produced by the frequent chills during the day, and by the more distressing and death like chills which follow the copious perspirations in the night and morning; the harrassing cough and expectoration; the pains of the chest; the frequent difficult breathing, amounting almost to suffocation; the distressing sense of sinking produced by the diarrhœa—all increasing, as the strength of the unfortunate patient is failing; and more than these—that inward struggle between hope and fear, which, whether avowed or not, is generally felt in the latter stages,—make up an amount of suffering, which, considering the protracted period of its duration, is seldom surpassed in any other disease."

This is the death of Consumption, this the fruit of procrastination, of a palliative treatment of cough drops and patent remedies. Under such circumstances, I counsel the reader; if you have any one symptom of the disease, which has lasted several weeks, go to a physician; you need not come to me; go to any careful, judicious and experienced physician, and obtain relief. But to delay from week to week, persuading yourself that it is not Consumption, that it is something else, that it may go off of itself after a while, is unwise, is unsafe, it is perfect folly. It is very true, it may be something else,

and it may go off of itself; but if this be not the case, is not the disease eating out your vitals every hour, and the possibility of cure every moment diminishing? If it be something else, apply to your physician, have it removed at once, and be done with it; but if on the other hand, if it is not thus readily removed, you are in terrible danger, especially if any of your immediate relatives have died of the disease; for any symptom, even the very slightest, of a lung affection, in persons of a consumptive family, is the herald of death, unless removed; whereas, under other circumstances, it would scarcely deserve a passing notice.

SPECIMENS OF THE CLASS AND COMBINATION OF SYMPTOMS APPLYING TO ME.

CASE 1. Rapid pulse, bad taste in the mouth on getting up, pain in head sometimes, good deal between the shoulders, also in the side, occasional soreness at the pit of the stomach, frequent chilliness, burning in hands and feet often, difficulty in breathing sometimes, severe cough every morning on getting up, coughs on exercising, exciting nausea and vomiting often, expectorates several table spoonfuls of a thick, hard or heavy, dark colored matter in a day, has had very exhausting night sweats; considerable palpitation of the heart, was attacked with bleeding of the lungs, several pints at a time, of a consumptive family.

CASE 2. Frequent pains in the head and side, soreness and hot burning in the breast, chilliness, hands and feet burn, bad appetite, bowels costive, sleep is restless and unrefreshing, cough, weakness in the limbs, general debility, fair complexion, light hair and blue eyes.

CASE 3. Married lady, aged 36, pulse very rapid, has had good deal of pain between the shoulders, also along breast bone, expresses a feeling of "goneness" at breast, coughing, especially after a night's perspiration, pains through the breast, general chilliness, cold hands, bowels constipated, very poor appetite, sleep interrupted, very nervous, great and frequent

oppression, cough very troublesome on lying down or getting up, often exciting vomiting, expectorates several spoonfuls of a yellow, dark greenish, thick, heavy stuff every day, frequent spitting of blood, night sweats all the time, frequent palpitations.

CASE 4. Burning feeling within the breast, great chilliness, variable appetite, irregular bowels, sleep is restless, considerable nervousness, troublesome cough, has had spitting of blood several times; great debility about the breast.

CASE 5. Law student, aged 26; pains in the back, head and between the shoulders, feeling of a weight pressing on the breast, on lying down at night, pain in the side, coughs, if lays on that side, pain in drawing a long breath, pains through the breast, chilliness, burning in the palms on going to bed, cough is very troublesome on lying down and getting up, wakes up in the night to cough, spits up several tablespoons of yellow matter in twenty-four hours, palpitation for several years, was taken with influenza, sore throat at first, then cough, then spitting of blood and great weakness in the chest, brought on by sitting in a cold, damp room all day.

CASE 6. Married gentleman, aged 28, an exchange broker, quick pulse, an indescribable taste in the mouth of a morning, weakness in the back, pain in hinder part of the head, sometimes a sharp, shooting pain between the shoulders, feeling of tightness, binding, heaviness, along the fore part of the breast, pain in the side and through the breast frequently, a settled pain at the lower part of the breast bone, accompanied with a feeling of heaviness, chilliness, heat in palms and soles, appetite variable, irregular bowels, sleep always restless, exceedingly nervous, restless, fidgetty, cough, great tickling at the bottom of the throat.

CASE 7. Rapid pulse, dry, white tongue, very frequent pain between the shoulders, in the side, and along the breast bone,

and occasionally through the breast, chilly, feet always cold, burning in the hands, cough very troublesome in the morning, exciting vomiting, expectorates a bad yellow matter, has had several attacks of spitting of blood, frequent night sweats, weakness about the legs and knees, can't walk much without weariness.

CASE 8. Pain and weakness between the shoulders, fullness in the breast, great chilliness, heat and dryness in the hands and feet, appetite changeable, bowels irregular, sleep interrupted by cough, cannot rest on the side, shortness of breath, very troublesome tickling cough, exciting nausea and vomiting, expectorates several table spoons of thick, yellow matter every day, frequent spitting of blood, brought on by exposure to rain and cold.

CASE 9. Principal ailment a fixed pain in the side of long standing and very troublesome cough, with weakness.

CASE 10. Rapid pulse, pain between the shoulders, and very much along the breast bone, pains in both sides, always chilly, very troublesome cough, spitting of blood, night sweats, difficult breathing.

CASE 11. Pain in the head and back, great oppression, and drawing in feeling at the breast bone, pains in the left side and through the breast, cough is very troublesome, excited by drinking water, spitting of blood several times, difficulty on lying on one side.

CASE 12. 144. Principal ailments, pain in the side, cough, spitting of blood.

CASE 13. Pain between the shoulders, and through the breast, fullness along the breast bone, cold feet, irregular appetite, bowels costive, shortness of breath, night sweats, distressing cough for half an hour in the morning, on getting up, great weakness.

CASE 14. Pulse 85, pain along the breast bone, with an itching within the breast when he coughs, this has been the case for two months, no pains any where else, no chilliness, bowels regular, bad appetite, restless sleep for several months, cough very troublesome at night, exercise excites coughing, tickling in the throat, expectoration of heavy, yellow matter, has fallen off a great deal, what troubles him most is a huskiness in his voice; he attends to the business of the farm every day; taken two months ago, having been out in a severe storm, with headache for several days, when the cough commenced, this was followed in about a week with sore throat, which commenced with a sharp pain, whenever he attempted to swallow any thing, so that for a while he used liquid food entirely.

The preceeding are fourteen consecutive cases from my note book, opened at random, and show better than could be done in any other way, the nature of that class of disease, which falls under my care. No one can read them without being impressed with their general similarity, and a remarkable tendency to the lungs, as the centering point of almost every symptom. Every man of intelligence must acknowledge that these are the symptoms, which, with great uniformity, precede and accompany Consumption; which, if unchecked, end in Consumption. Now it so happens, that nearly every one of the above cases remained with me but a day or two, or three at farthest, and after various intervals they write thus:

DEAR SIR—I am glad to write you, that I have improved very fast; and hope to keep on; have ceased to spit blood since the 20th of May; I feel strong, have a good appetite, and sleep well, my breast is without pain, and I am in great hopes that I will soon be sound and well. (Case 11.)

Your most thankful and obedient,

T. H.

DEAR SIR—I feel pleasure in informing you, that I am much better since I commenced your treatment. I do not feel the

pain in my breast near so much; and then it is transient, as also the pain in my side. (Case 9.)

I am, &c.

M. G.

DEAR SIR—I commenced using your remedies according to your directions, as soon as I reached home, and in two or three days found the pains leaving me. The severest pain was in my left side, I am clear of that, and the pain in my back is but slight, my bowels have become regular, my cough is less troublesome, night and morning, and I am not so weak in my breast. (Case 13.)

With my best wishes, &c.

H. M.

DR. H.—Sir: I have the pleasure of writing you, that my health is improving very fast, notwithstanding the length of time I was without some of the remedies; I have observed your directions punctually in every particular, the cough is less frequent, expectoration easy, the fever has left my hands, I have a good appetite, and feel well. I have no doubt of getting well, by perseverance and strict attention to the directions given me. (Case 1.)

I remain yours, &c.

H. K.

DR. H.—Dear Sir: On my arrival home, I commenced following your directions. My habits have become regular, I have scarcely any pain in my left side, that heavy pressure in my breast I feel but little, and that, only occasionally, the tickling in my throat I feel only once in a while, can sleep much better than formerly, &c. (Case 6.)

J. H. A.

DEAR SIR—My cough is a great deal better than when at your office, I am entirely clear of pains and fever, I cough but very little, expectorate but little, have no night sweats, and am improving very much in strength, the tickling feeling in my breast has entirely left me. (Case 14.)

I remain, &c.

J. H.

DEAR SIR—I continued your prescriptions with manifest improvement, until one evening while it was raining, I was attacked with a chill and subsequent fever, but since my recovery from that attack, I have resumed the use of your remedies, and shall continue them until no longer necessary. I believe I would now have been nearly well, had it not been for that most unfortunate attack. I still have some cough and expectoration, though my cough is neither violent nor frequent. I have no pain in the side or breast, sometimes feel a little sense of oppression in the chest, and occasional soreness in the upper part of the throat. (Case 5.)

Very respectfully,

G. P. J.

DEAR SIR—I commenced on Monday the use of your remedies, according to your directions; I have had no pain in my side, breast or shoulder since, excepting two or three times, I felt a little of it, nor have I had that indescribable and miserable feeling in the back part of my left side, running up to the top of the shoulder. I have scarcely felt any sensations of fullness in the bronchial tubes and lungs, that I have been so much subject to. I can attend to my business with but little inconvenience, and can lie on my left side with nearly the same comfort as the other. I sleep well, appetite is good and digestion also.

Most respectfully, yours, &c.

S. A. P.

The preceding extracts, with one exception, are from letters written by those whose symptoms were last detailed, and within a month after the commencement of my treatment. It so happened that none of them remained with me but a day or two; the cases were taken at random and successively, the letters were written casually, in compliance with my standing requisition, that my patients keep me informed of their condition. These things together, clearly and correctly show, the class of patients who apply to me, and demonstrate how soon and how readily those symptoms yield to my treatment, which,

when left unchecked, go on to confirmed consumption; and when I think of this, together with the terrible nature of the disease, I am utterly amazed that so many will carelessly allow their ailments to be untreated, and fix themselves in the system immoveably, and that too, when a small amount of time and money, judiciously employed, would place them beyond danger. It seems to me, that were I threatened with so dire a calamity, I would walk the world on foot, and live upon the roots which I could dig from the earth, with worn and lacerated fingers, even were there a small hope of escape. And yet, when I with a painless treatment, and a few half hours of daily expenditure, do so often and so perfectly remove the danger, men are held back by their prejudices, by their avarice, by their want of moral courage to admit the presence of the danger and meet it at the threshold; but delay and delay, in the random reflection, that it may be something else, and pass of itself away, forgetting that if it be not something else, every hour the fell disease is fixing its talons more deeply in the vitals, to drag them out with a more deadly certainty.

The reader is requested to observe particularly, several circumstances connected with the above fourteen cases. My note book was opened at random, among the, then, late cases, and these fourteen occurred, one after another. At the time of first publishing them, they had not been long under my care; their letters show, however, that they were doing well. But whether they should continue to do well, had yet to be determined. I did not give them as cured cases. They were only mentioned to show how soon persons with Consumptive symptoms began to improve under my treatment; and after remaining with me a few days, returned to their homes, hundreds of miles away, and still continued to improve.

Two or three years have now passed, and the invalid reader, whose case may be somewhat similar to some one of those named, will very naturally wish to know what became of those fourteen? After the excited hopes arising from an entirely new mode of treatment, and new promises and pros-

pects of life for years to come had ceased to sustain them, did the beneficial effects of this treatment, persevered in, carry out a more substantial improvement? In answer, I have the satisfaction to state, that with three exceptions, they are living, and engaged in the active duties of life, not requiring any medical aid. Of the three exceptions, I can say nothing definite, not having heard from them recently. I feel quite sure, however, that two of them must have died of unmitigated Consumption; and the reader might do well to look over those cases, and make the experiment of selecting two which appear to him to be most Consumptive, and see if his choice corresponds with the two referred to. One of these cases went to sea in direct opposition to my wishes and counsel; as to the other, I had no opportunity of prosecuting my treatment after the first three weeks; at that time, he had been rapidly improving; but not having heard from him since, the presumption is that he became remiss, fell back and died. These two cases, are numbers three and fourteen.

A fairer, and more impartial mode of testing the efficacy of my mode of treating, and successfully removing the symptoms of Consumptive disease, could scarcely be desired. If persons with certain symptoms come to me, by half dozens in succession, and get well—and others, with similar symptoms, stay away, and die by thousands—the inevitable inference must be in favor of my system of treatment. And if in the face of all this, persons are prevented from making timely application, by the infatuation of a prejudice, founded as all such prejudices are, on supreme and in many cases wilful ignorance, then, the responsibility rests with themselves; their life is the stake, not mine; they are interested more than all worlds, I to the amount of a few cents!

Perhaps the life of some invalid may be prevented from being made a sacrifice of, by his giving a sober consideration to the following observation: that, I WOULD HAVE FIVE CASES, WHERE I NOW HAVE ONE, IF THOSE WHO ARE THREATENED WITH CONSUMPTION WERE ALLOWED TO HAVE THEIR OWN CHOICE, but

instead of this, they are prevented by their medical adviser and friends, who have no life to loose by the omission, but perhaps something to gain. Several aggravated cases of this kind have come to my knowledge, and may perhaps be recounted more fully under the head of "Disconnected Observations."

There exists in my own mind not the slightest doubt, that if taken in time, Consumption is as easily, as certainly, and as often cured, perfectly and permanently cured, as bilious fever. I mean by "taking it in time," before the lungs are extensively covered with tubercles, or before they begin to give way; this last is generally told by yellow, dark, or green, thick, heavy expectoration; but inasmuch as sometimes half a lung has been eaten out without any observed expectoration at all, the only safe plan is to apply for examination. When certain signs exist, I can ascertain this point infallibly, and not ask the patient a single question. If, on the other hand, tubercles have been extensively deposited, I can as certainly ascertain that point also, as that I can see the cloud, or the sun shine. It is impossible for nature to conceal the fact, from a practical observer; it is a matter of sensible ascertainment. If there are tubercles, or if the lungs have begun to decay, and left running sores or excavations, I cause the tubercles to disappear, and the cavities to heal up perfectly, (if small,) but if those cavities are large, their progress and increase is arrested indefinitely, and the person may still enjoy a considerable degree of health for years. Dr. Combe assured me of his unqualified belief of this fact, in his own house in Edingburgh, in the case of a brother, who writes me in a letter of recent date, that fifteen years ago, a large portion, almost the whole of one side of his lungs, was lost; but that the decay was arrested, and by proper means, has been kept in check up to the present time. Marshall Hall declared to me, at his office in Manchester Square, London, his unalterable conviction of a similar truth; as also M. Louis, at Paris, Stokes, in Dublin, and others not necessary to be named. Evidence like this,

and from such great minds, should carry with it an irrepressible conviction of the unqualified truth, that in the last stage of Consumption, when the lungs are actually in a state of hourly decay, the progress of the disease may be arrested, and health be enjoyed for scores of years.

This is encouragement for all to make an effort, as they do not know to what happy result it may lead. Dr. C. was confined to his bed, and assured by the first practitioners in Scotland, that he must certainly die in a few weeks, because his lungs were gone;—twenty years have passed, and he still lives, and I sincerely hope that there are many more years before him, during which he will continue, by his writings, to enlighten and happify the race. A distinguished Judge, who did not expect to live a month, whose lungs were a mere shell, applied to me for aid, hopeless of being benefitted. I arrested the decay, caused the remainder of his lungs to be brought into requisition, to do double duty; years have passed, and he yet lives, enjoying a state of health and happiness which he has not known for many years. While I mention this to show, that in extreme cases, there is often rational ground for a hopeful effort, I desire to afford not the slightest encouragement to any one to delay a single hour, if he have protracted cough, pain in the breast, side, or between the shoulders, sore throat, chilliness or general debility, for if he has had either one of these long, it is infinitely certain that Consumption has begun, and a violent cold or indiscretion may hurry him off in a few weeks, beyond all remedy.

CAUSES OF FAILURE HITHERTO.

Why does it happen that physicians so universally fail in their attempts to cure Consumption?

The great reason is, they have neglected to make applications to the lungs themselves, where the disease is seated. They have relied on introducing medicines into the stomach, and applying blisters to the skin, using seatons, and issues; tartar emetic ointments and such like expedients; these debili-

tate the system, and in proportion as they do this, aggravate the disease and drive it deeper into the constitution. I have a painless mode of reaching the lungs themselves, not attended with the slightest danger, or even inconvenience, by which the matter of a cavity is emptied out, and the opposite sides of that cavity brought, and kept in contact, until they heal, on the same principle, that an external wound is healed; and as any medical man knows, in order to make such a process go on speedily and safely, the general health must be kept up at the highest possible point. I have a remedy of recent discovery, scarcely obtained in this country, which in a tubercular diathesis acts with admirable certainty; and which, in case of king's evil, incipient white swelling, general scrofula, and other tubercular affections, is more nearly a specific than any remedy ever known, but as it requires great delicacy in preparation, and watchfulness in exhibition, it is personally prepared, and only afforded to my patients. Under no circumstances can any of my remedies be obtained except by those who are wholly my patients, as they are only most applicable when this character of disease is present, and almost every case demands a modified preparation, adapted to its particular requisitions. This announcement may save persons the trouble of writing to me for remedies, who, in order to avoid the expense of an examination, to see whether they are applicable or not, are willing to employ them haphazard. I must first know what is the matter with a person, before I will allow any preparation to pass from my hands to them. I may and have been induced to examine, and cure persons for nothing, and at my own expense, but to furnish any remedies without first knowing for myself what is the matter, never.

The following extract from a French author, who has had extensive opportunities of making observations in diseases of the lungs, and who for a number of years has given them special attention, is worthy of all consideration:

CURABILITY OF PHTHISIS.—M. Fournet alludes to his having met with, in the course of one year, no fewer than fourteen

cases of confirmed phthisis that were cured; besides ten other cases, in which dissection revealed the traces of caverns that had become perfectly healed.

He goes on to remark, that "these fourteen cases of phthisis cured in the living subject, have proved to me—

"1. That certain persons, who have exhibited the most decided symptoms of the disease, in its most advanced stage, may yet be restored to excellent health.

"3. That even hereditary phthisis, in its most advanced stage, is susceptible of cure; although such an occurrence is certainly much more rare than in cases of the accidental disease.

"5. The capital fact which seems to spring from these inquiries is, that tuberculous disease is not, like cancer, essentially incurable; on the contrary, that it is often curable, and that its extreme and most disheartening fatality is referrible rather to the circumstance of its being seated in one of the vital organs of the system, and its tendency to frequent relapses, than to its primary and essential nature."—*Idem*.

In corroboration of the first statement, I must say, that the rather contradictory fact has repeatedly forced itself on my mind, that under certain circumstances, not necessary to be enumerated here, Consumption is more easily cured in its last stage, that is, when there is free expectoration, and a cavity, than in the first stage, when the prominent and almost only noticeable symptom is a constant, distressing, dry cough.

The fifth observation contains a most truthful cause of failure, and merits the most mature and encouraging reflection.

Another cause is, that persons are so loath to admit that they have the disease, and consequently to do anything for it, that their condition becomes desperate, before any proper attempt is made to save. It should be remembered that not even bilious fever is cured, if you wait till the patient is dying, before you do anything.

Why is it that persons so pertinaciously refuse to acknowledge that they have consumption? Simply because physicians

and friends believe that it cannot be cured; and his assenting that he has the disease, would be the signal for their remitting all efforts to do him good, to abandon him to death by letting him alone, or recommending him to take a long journey somewhere, to perish away from home and among strangers, forgetting the beautiful orison of the Orientals at parting with friends, "May you die among your kindred!"

USEFUL OBSERVATIONS.

I sometimes fail to be of any essential and permanent advantage to a patient, but from a cause which is rather gratifying. A man applies to me in alarm. He feels the necessity of a serious effort. In a day or two, the remedies begin to take effect, and he steadily improves, until most of the symptoms have disappeared; he feels now, that the danger is past, becomes remiss in the means which he is convinced were saving him, employs the increased health and vigor given him, in the indulgence of pleasures, appetites, &c., falls back in discouragement, despairs, and dies. Doubtless the reader feels "such a man ought to die." May the sentiment not condemn you.

It not unfrequently happens, that those who are most dangerously affected, get well most speedily and certainly; and simply because they adhere more closely, to all the directions given. Those who have least the matter with them, are the most troublesome, and most difficult of cure.

As a general rule, those who see me but once, and go immediately home, to carry out the prescription given, do best in the end. And for this reason, they steadily pursue the course marked out, without deviation, without allowing their attention to be diverted to accidental, but temporary ailments. On the other hand, those who have nothing to do, but to brood over their complaints, want a prescription for every trifling irregularity. If a man cannot come to my office, because he is too weak to walk or ride there, he had, as a general thing, better stay at home; for I promise him no permanent relief.

A case to be sure, occurs to me while writing this, where the patient was sick two years, confined to the house for six months and to bed for several weeks, could not sit up beyond one hour in the twenty-four, constant night sweats—pulse like a race horse, and abandoned to die of phthisis by a candid and intelligent physician of thirty years constant practice, was seen but once, and in two weeks, was able to ride some eight or ten miles to see me in my office without the slightest injury. But such is only an exception, not a rule, owing perhaps to peculiarities which might render its recurrence only a possibility in the practice of years.

It is not designed, at present, to communicate the means employed. It will perhaps be conceded, that for the general practice of medicine, calomel and quinine are the best remedial agents now known, when judiciously employed in proper cases. Yet, who does not know that they have fallen into disuse in some places; and by many are proscribed, as unfit for employment in disease, and actually poisonous. It is true, mercury may kill in Consumption and is injurious in some other diseases; its unpopularity, and that of other great known remedies, arises from the circumstance of their indiscriminate employment by the ignorant, the unpractised and the uneducated. No valuable remedy can be applicable in every stage of the disease; nor can any one remedy cure every malady; and more—there is no one remedy which will always cure any one disease: quackery only teaches otherwise. None but a charlatan would pretend to an ability to remove a single malady infallibly, not even the scratch of a pin, or the shake of an ague. As soon as a remedy is made known, as something like a specific for any given disease, it is not only used without discrimination in every stage of that disease, but in scores of others, in the hope that it may do good in them too; of course, in both instances, there are frequent and inevitable failures; and the remedy, however good in reality, is decried, consigned to oblivion, to be exhumed again perhaps in the next century.

It has, perhaps, already occurred to the thinking reader, that the presence of scars in the lungs, demonstrates the cure of Consumption in its LAST, that is, its suppurating stage, for there cannot be a scar without there had been a cavity, and a cavity is a consequence of suppuration.

Attention is called to the fact, that the cicatrices, so frequently found in the lungs, as proven by the testimony of distinguished men, not only indicate but demonstrate three things; that there must have been a cavity; that it was entirely emptied; that it perfectly healed.

IS IT A PERMANENT CURE?

How is it known, that this system of treatment effects a permanent cure of the disease, since it has been but recently adopted? As a whole, the plan proposed is only of a few years standing—but it has been maturing for many years, during which time, there have been various changes, modifications and improvements. Some of the means, while yet in their infancy, and of course imperfect, were remarkably successful. There are cases on record, of persons cured in eighteen hundred and thirty-three, who are still living, and ready at any time to give a cheerful testimony to the efficacy of the treatment. These published cases can be referred to at the reader's leisure. But efficacious as the means used were at that distant day, they are tenfold more so now, in consequence of the discovery of new remedies, the advancement of chemistry, and the unequalled improvement in every thing connected with the medical profession. With these advantages, perfect cures are more easily, and much oftener effected; and in numerous instances, can be promised with a great deal more certainty, even when to ordinary observers, all human interference would seem to be unavailing. Cases of this kind, and others, are given to show, that the plan of treatment demands undiminished confidence, and that evidences of its permanent value are daily accumulating.

In general, it is easier for a person who has taken cold once,

to take it again, this disposition continually increases, until the facility of taking on that inflammation is so great, that it is produced by the slightest cause, and the subject of it utters the truth in expressive language, "The least thing in the world gives me a cold." On inquiry, it will be found, that this cold continues longer and longer, and becomes more and more difficult of removal. *This is the great premonitory symptom of tubercular Consumption*, though not always given. And as in Asiatic cholera, nothing was easier than to subdue it, when the premonitory symptoms were attended to, so in this other not less terrible disease, it is not less manageable if properly prescribed for, on the first notice of its premonitory symptom, a remarkable facility in "catching cold."

I consider one of the surest signs of Consumption already begun, to be a listless feeling, gradually creeping over a person, an increasing slowness in all the bodily movements, ending in a disposition not to move about at all; weakness—easily made tired or put out of breath—with narrow chest or from a Consumptive family. Such a person may have little or no cough, spitting or pain, while the bowels, appetite and sleep are more or less sound, yet unless such a state of things is arrested, he will most certainly die of Consumption by an under current, silent but steady—imperceptible, but terribly sure, with scarcely any violent symptoms to the last hour.

When I say that Consumption is curable, I mean that it is a manageable disease. That it is under the physician's control, when a timely and judicious use is made of appropriate remedial means. All know what is meant when it is said that bilious fever is curable; which is, that there is a remedy for it, if that remedy is used in time. And yet every day many die of bilious fever. I assert that Consumption is curable, with a similar meaning; that I possess a remedy for it, which will be successful when applied in time; but with this difference in its favor, under equal conditions, it is by very far more certainly and more frequently successful. It must be remembered that in this, as in every other disease, without a single

exception in the long catalogue of ills which afflict humanity, there is a point, which, when reached, recovery is hopeless. That point is usually arrived at in Consumption, when a man takes to his bed for a great part of the twenty-four hours.

There is an absolutely astounding disposition in men, to procrastinate any thing like a business attempt to relieve themselves of threatening symptoms, on the mere probability that they may perhaps not be Consumption begun, and may pass off, of themselves. Such persons risk life on a mere "perhaps," on which they would not buy a farm at a cent per acre. But suppose they are the veritable symptoms of the disease, is not the death worm working ceaselessly, and noiselessly on?

Many who come to me, represent themselves as having taken every thing they could hear of; and sometimes in incredible quantities, without any permanent benefit. I can only say, that the practice of taking medicine, without knowing its composition and its nature, except it be from a physician, is daily and irrecoverably ruining the health of thousands in every section of the country. Medicine, however simple it is represented to be, ought not to be taken, unless a person is really ill, and does not get better by eating little or nothing for a day or two, by frictions, ablutions, cessation from business, fresh air, cheerful company, and a quiet conscience. Probably three-fourths of all our temporary ailments could be happily removed in this way, and without any violence being offered to the constitution. When a man does not improve in a few days, from a course of this kind, he ought at once to take advice, from a regular, practising physician. The incalculable mischief induced by the opposite method, of taking physic for every thing, can only be imagined by medical men who have daily opportunities of witnessing the painful fact. The well informed, among all classes, owe a duty to humanity, to abolish, by their example in society, and by precepts to their children, so hurtful a practice.

I have repeatedly found it a most difficult matter to keep from yielding to the solicitations of patients to administer

medicine for trifling and momentary annoyances. Such should remember, that it is of not less importance to know when to let medicine alone, than when to take it. I always consider it a great object gained, to restore the patient to health with the least possible amount of physic. It is not only useless, but it is injurious to take remedies for ailments, nine in ten of which would go away of themselves, as soon without medicine, as with it.

It is an almost daily occurrence, especially in extensive hospitals, for persons to deny steadily ever having had a pain in the breast or side, and yet, on examination after death, half of a lung is eaten away. A painless Consumption is the most deadly. It kills while it lures.

In the cases which I have given, only those symptoms are named which were sensible to the patient, or common observer. Those ascertained by the professional method of inquiry, have not been referred to, as it could be of no general interest to do so. Nor have I given the symptoms on which I rely in forming my own opinion of a case. But no judicious person will form an opinion from any one class of symptoms, much less from a single symptom. In forming an opinion to be relied on, every circumstance which has a slight bearing in the case ought to be taken into account.

Those cases are most easily cured, which are more purely Consumptive; and the disease is difficult of mastery, in proportion as it is accompanied with other serious ailments. And this last is the case much oftener than is imagined by medical men even. The most prominent of these are, enlargement of the heart, inflammation, obstruction, closing or hardening of its valves, vessels or other parts, rheumatism changing from the joints to the heart, fistula, gravel, &c. Hence, great discrimination is necessary, especially as there are certain affections of the heart which are speedily rendered fatal by lung remedies, among which may be prominently named inhalations, and mechanical agency, which persons do not hesitate ignorantly and blindly to use. It will not, cannot be

denied, that there are chest affections, in which inhalations, freely employed for some days, would produce a speedy, certain and sudden death.

The free and indiscriminate use of quinine has given me a number of cases of confirmed Consumption, where it has been employed in subduing fevers. It is a great remedy in good hands; yet the habit is most pernicious, of administering it without first taking the necessary precaution of relieving the system of the more immediate cause of the febrile condition.

I would have taken more pains, in the preceding pages, to point out the manner in which a greater variety of causes operate in producing the more remote symptoms of Consumption, but for the conviction of its uselessness. There are very few cases, in which threatened, or even beginning Consumption, could not be most effectually prevented, with comparatively little trouble. In many thousands of instances, little children and youth, the only hope of their parents, are permitted to pine and dwindle and wither away, like a blighted flower, and go down to an uncomplaining and painless death, the victims of a tuberculous constitution, who, by a little proper care, and almost without medicine, might have lived to gladden and happify parental age. But so far from taking the disease in time, in its forming stage, men will procrastinate, till the jarring, tearing cough, takes away half the rest of night, and growing weakness of the limbs, and the shrunken chest and stooping shoulder, have placed them on the verge of the tomb. And even then, for the want of courage to engage with the deadly enemy, the slightest circumstance is permitted to operate as an excuse for still further delay.

But in the hope of saving at least some one fellow creature from falling a victim to the great destroyer, some only son of a widowed mother, whose only hope and tie to life he is; or some only parent to a family of little ones, who, if that parent die, would, with all their helplessness and innocence, be cast abroad homeless and friendless on an iron hearted world; in the faint hope of saving one such, I will name a few symp-

toms, either one of which alone, should be regarded as the alarm bell of death; and I state them, from a fixed conviction of their truth, founded on repeated observation.

A pulse habitually accelerated beyond the natural standard.

An occasional slight hack or cough, on lying down at night, without apparent cause, as if a particle of dust had got into the throat; or on getting up in the morning.

A frequent feeling as if you wanted to do something with the arms, seeking some kind of support for them.

A striking, remarkable weakness, or giving way of the knees and legs on going up stairs, or ascending a hill.

An abnormal acceleration of the pulse, between the sitting and standing position.

To be in a condition in which "the least thing in the world gives you a cold."

When coldness of the feet strikes on the throat, and produces a slight burning or sore feeling.

To be very easy to have a chilly feeling run over you, on going out of doors when it is a little cold.

To feel chilly when you get up from your meals.

To be restless, and "cant go to sleep," when you first retire to bed.

Spitting blood in any quantity, from a drop to a gallon, once in a few days, or weeks, or years.

A feeling of weakness, that has crept on you so gradually, you do not know when it began; and yet, without apparent cause, it seems to be increasing.

No special relish for food, yet no uneasiness amounting to actual pain any where, together with a want of interest in what is going on around you, a growing indifference to every thing.

It frequently occurring that one, two and three days will pass without a passage from the bowels, unless medicine is used.

Frequently recurring, although slight pains in the breast, side, or between the shoulders.

These are the far off friendly monitors of danger, the faint beginnings of disease. They do not constitute Consumption. In some instances they mean nothing, for they pass off in a few days; but when weeks go by, and any single one of them still sticks to you, there is reason for alarm; and not a day should be permitted to pass, until you have commenced measures, under the advice of a careful physician, for its removal. A drop of water may check the spark that would lay the fairest city in ruins, and the unmoved avalanche be kept in its place by an infant's arm, but, a moment's delay, and how resistless!

It may save the lives of some by remarking here, that swellings in the neck; certain affections of the joints called "rheumatic," from their likeness to rheumatism; white swelling; fistula in ano, and some running sores, are often connected with a tuberculous constitution, and if suddenly driven in by external applications, or otherwise, without using constitutional remedies, will settle at once on the lungs, and in a very few weeks develop themselves in consumption in its last stages.

THE PRINCIPLES OF CURE.

The mode and means of cure may be various in different hands, just as in any other disease; fever and ague, for example, is cured by different remedies, but the principles of cure must be forever the same, and which in phthisis are—

To secure the highest possible general health.

To relieve the system of the slightest febrile condition.

To secure a free, regular, daily action of the chylopoietic viscera, without medicine.

To obtain the absorption of tubercles.

To evacuate abscesses, and cause their immediate and permanent healing.

To bring about, promptly, an immediate reduction and banishment of all inflammatory action, and at the same time, add to the strength of the patient, discarding absolutely the employment of any debilitating remedies, even for a single day.

To bring into the fullest requisition, the complete and healthy action of every line of lung substance, so as to secure, day and night, without intermission, the largest supply, reception, and consumption of pure, fresh, bracing air, that it is possible to obtain. These are the points that in every instance I labor to attain, and without which, no case of tubercular Consumption ever has been cured or ever will be. These objects are to be reached by no routine practice, but by adapting the nature, and strength, and constituents of the remedies, to the particular and varying condition of each individual patient, taking into minute account, in every case, the previous history, size, age, sex, strength, constitution, temperament, occupation, habits and hereditary influences, as far as it is possible to ascertain these facts.

The grand and essential points in any case of phthisis cured are these :

To subdue entirely congestion or inflammation, and build up the strength of the constitution at the same time.

To promote absorption of tubercles.

To evacuate abscesses, bring their opposite sides in contact, and cause them to heal.

These I can do, and the admirable adaptedness of my remedies to secure these points, has met with the warmest approval by every physician for whom I have ever prescribed, or who has superintended a case for me; and I can, without fear of contradiction, say the same of every intelligent gentleman (patient) who felt interested enough to request an explanation of the remedies and their mode of operation. A Case: I was called to see a gentleman in October, 1843, who had at the time two physicians in attendance. He had been taken sick more than two years before, in or near Louisville, Kentucky, where he had several physicians, who at length pronounced him consumptive, and beyond their reach to save. He was sent home to die, lingered on for eighteen months, and was at last confined to the house, growing weaker and worse every day, with cough, pain in the breast and night sweats; he

finally took to his bed, and sat in a chair with difficulty, while the attendants could make it up. The physicians had ceased to give him any thing. After I had examined him, and expressed my conviction that I could do him some good, the elder physician, who had practised many years, declared that if I raised him to his feet again, he would give me a thousand dollars!

In two months, my patient was working out in the corn field, no longer needing my attendance, and is, at this present writing, a stout, hearty man. The promising physician offered to give me any amount, if I would tell him what I did to procure such a change. I replied that I would communicate all in my power for nothing. But so great is the unwillingness of men to admit the disease can be cured, so firmly are people wedded to their prejudices and old opinions, that it may be said of this, as well as other cases, that it was not Consumption. Well; suppose it were not, still I saved the man; and I presume he did not care what it was, so he was cured; and if he had died, it would have been all the same thing to him by this time, whether Consumption or any other disease had killed him. Truly has it been remarked, "when the patient dies, no body disputes he had Consumption, but when he gets well, every body does!" If you will not admit that it is Consumption, until a man is dead and buried, then I confess that Consumption cannot be cured. What do you acknowledge Consumption to be? Is it that a part of a man's lungs have already rotted away, and the process is still going on? And can that decay be arrested, and the place perfectly heal up with a scar, just as a cut finger heals with a scar? "Odd, bless me," said Mr. Abernethy, "that's a question that a man who had lived in the dissecting room would laugh at:" its a thing to be observed every day of the world, and admits of no reasoning any more than you could argue and go about proving that snow is white.

Others may say "it is not a perfect cure, it will break out again." How do you know that? But suppose it does; sup-

pose I only suspend the progress of the disease for one, two or ten years, is it no advantage to live a year or two longer? Voltaire is said to have offered his physician half his estate, if he would protract his life six months. But I would not have noticed such objections, except to show what utterly trifling things persons speak, when pressed by hard telling facts.

Among the greatest names of the present century are B. F., J. C., A. C., and A. J., each of whom lost a large portion of one entire lung, and lived twenty years or more afterwards; these, and cases under my own hand, are given to encourage persons in every stage of the disease, to make an effort, for there is reason to hope, as long as they can walk or ride about; at the same time, that men may not presume too much, and foolishly delay, on the vague ground that it may be something else; it must be recollected, that there is a stage in every disease, when a cure becomes impossible, and that some cases which appear susceptible of cure, go on to a fatal termination, in spite of every effort to save; for we all are finite, and man is born to die. This is true of all diseases, but it is perhaps less true of phthisis, according to the mode of treatment adopted by me, than of any other malady; because the plan of cure is not wholly dependent on chemical action. But failures will sometimes occur in consequence of circumstances over which we have no control, and which in many instances counteract all remedial means, such as an unsuitable (damp) location, family dishonor, impending bankruptcy, blasted reputation, apprehended disclosures, pent up griefs, brooding over imagined slights; if the mind of the patient abandons itself to such distresses, and will not, or cannot be diverted, then there is small hope of recovery, however susceptible the disease might otherwise be, of prompt arrest and perfect cure. On the other hand, if a man resolutely determines with a cheerful courage that he will not "give up," but will live above the disease, and in spite of it, he will, with proper treatment, in numerous cases, succeed in living many years in comparative

health, although he may have already lost a large portion of his lungs.

As to the nature and effects of the remedies employed by me, I may state in illustration, that a merchant of New York applied to me in New Orleans for cough, pain in the side, general weakness, restlessness at night, and unrefreshing sleep; at the end of two weeks, the application of the remedies had such an agreeable effect on the whole system, that he assured me, not only of his conviction that he would certainly recover, but that he should continue a part of the directions as long as he lived; because they produced a freshness and liveliness of feeling to which he had long been a stranger. In a year afterwards, he closes a business letter by saying, "I continue to be well."

Those of my patients whom I have cured, have always at hand, without expense or much trouble, the means of removing any of the symptoms of cold, or stuffing up of the breast, or pains in the chest, or shortness of breathing, which may arise from accidental causes; and that too with the most perfect safety. Mr. M., a merchant in Pennsylvania, who had visited me but once, eighteen months before, for serious symptoms of Consumption, says: "I have nothing to complain of; I have never had better health in my life; I occasionally catch cold, but find immediate and gratifying relief in applying the means obtained from you."

In relation to the cases given in the preceding pages, it is not necessary for me to say whether they were consumption or not; the mere name of a thing is nothing; it is immaterial to the patient what you call his disease, so it is cured. I have told you what symptoms people complained of when they came to me, and under my treatment, those symptoms disappeared, and weeks, and months, and years have passed, and they have not returned. What more can any reasonable person require!

In great kindness, then, I advise the reader, if he have had

the danger of damp beds, and the necessity of changing the abode at different seasons of the year, must all be taken into the account: they more than counterbalance the good which might arise from a less variable climate; and many persons, who have left this country in a state of threatened Consumption, have returned with confirmed phthisis."

When a person is determined that he will go from home if he can possibly get away, my advice is "go north." I know very well that nobody will take the advice, and hence the giving it will not interfere with my practice in a Southern city; it requires a generation to dislodge what "every body believes." But if an observant physician will think awhile, without prejudice, he will discover that cold air is purer than a warmer one, that under equal circumstances, the more pure air a man consumes, the better health he will enjoy; that the larger amount of lungs a man has, the more air he can consume; much more than has the Consumptive, whose disease is a deficiency, in quantity and action, of lung substance, an urgent need for the largest amount of pure air. If you shut a Consumptive man up in a warm room, he never will get well. A uniform, cool, dry atmosphere, away from piercing winds, is infinitely preferable to Cuba, or any other latitude south of the thirtieth parallel. A Consumptive will sooner get well in Greenland, qualified as above, than in the south. But if you cannot get to a cool, dry, uniform and still climate, it is better to go south to a dry locality, than to live in Kentucky, Ohio, and other States, where the winters are wet, cold, windy and changeable. But with my mode of treatment, persons may safely reside in these States, especially if they remain with me a week or two, and learn how to carry out my principles of practice. In fact, I frequently write to persons with a particular class of symptoms, not to come to me at all; that I can cure them better where they are; and subsequent success has shown the correctness of my advice.

Two lawyers visited New Orleans several years ago, both had Consumption unquestionably; one aged twenty-two, the

other about thirty-five. The younger was able to walk about very conveniently; had a full face, with no particular symptom, except an unfavorable pulse, frequent fevers, and a constant, distressing dry cough; these he had been troubled with for several months; both parents remarkably healthy and well made. The elder had been an invalid for several years, cough, vomitings, night sweats, spitting blood; sometimes blood and matter together; at other times a heavy yellow matter, to the amount of a quarter of a pint in twenty-four hours; his clothes hung on him like bags, and he was too weak to walk an hundred yards. They being friends, held a consultation whether to apply to me or not. It was at length decided that the younger, as he was stronger and better, should go to Havana, especially as he wanted to see the country; the elder came to me, remained a few days, returned home, closely followed my directions for three months, and has not had better health for many years, than he enjoys at this present writing. The younger went to Cuba, remained three months, returned home and died. I know that one fact proves nothing in medicine, but similar cases are constantly occurring, and force upon the most unwilling mind, the conviction of the advantages of my mode of treatment, under every view that can be taken of it.

One year ago to-day, a merchant, M. M. Esq., from a northern city, applied to me; his general symptoms were pains between the shoulders, oppression in the breast, difficulty of breathing, considerable emaciation, pains in the side, great chilliness, tickling cough, and of a Consumptive family. I heard nothing of him for twelve months, when I received a letter from him saying, "I used the remedies you gave me as directed; my general health and appetite are good, and I believe every thing like a tendency to Consumption, is removed." This was a case where the symptoms had been gradually becoming more aggravated for two years, and when in addition to this, it is remembered that several members of his family had died of the disease, it should be regarded as a beautiful illustration of the facility with which persons may relieve

can bestow. If with all these little but essential aids you do not improve, how can you expect to be restored, when subject to the innumerable discomforts and exposures inseparable from invalid journeying, to say nothing of the hourly and irritating annoyances which always accompany hired attentions, while the only counteracting influence to all these, is a milder climate. The great John Hunter very sarcastically observes of London physicians, in his day, "They keep their patients here, as long as they can, and then send them away to other places to die." I will here state one fact, of a thousand like it occurring yearly, which every consumptive, by which I mean any person who has had for some time any one serious symptom of Consumption, should give the most candid and mature consideration before he decides leaving home and friends and country. Several years ago, while at Matanzas de Cuba, on a visit from Havana, I frequently went down to the wharf early in the morning and in the cool of the afternoon, but seldom went at any hour, without seeing a young man at the farthest extremity of one of the piers intently gazing seaward; he seemed to notice nothing of all the busy bustle and merry song of the workmen about him. I sometimes endeavored to catch a glimpse of some object on the distant sea, but whether I observed anything or not, he appeared to feast on the very nothingness, with so fixed a look, and yet so mild and gentle, so full of melancholy, that I at length became interested in his history; it was this, he was from Boston, had had a bad cough for some time, which had begun to undermine his health before he left home. He had heard a great deal of the refreshing breezes of Cuba, its orange groves and its flowers, its spicy odors and its eternal spring, and felt assured that if he could only get there, his return to health would be speedy and perfect. But after a few days, he began to discover that there was no charmed influence in a Cuban atmosphere, that he was not perceptibly better, but rather growing weaker, and was reluctantly releasing his hold on the last cherished hopes of life. His only expectation now, his highest wish was, that he might see home

once more, and have his mother beside him when he died. "I am willing to die," he used to say to me, "if I could only die at home!" He was expecting a vessel every day, and as day after day passed by, and it did not arrive, he used to beguile his weary hours by looking in the direction of his own loved Boston—it was all that he could do. Whether he ever saw it again, I never learned. And it cannot be denied, that such is the history of three-fourths of those who visit the islands in the hope of removing Consumptive symptoms. They indulge in the most extravagant anticipations of rapidly regaining health, and soon returning to the loved behind them, with the rosy cheeks and the freshness and strength of youth, and begin in advance, to drink in the fond congratulations which they will receive from kind hearts at home. But when day passes day, yet brings to them no life giving influences; and one by one their fond imaginings fade in the distance; when the unwelcome reality forces itself upon their attention, that they are homeless, friendless, sick and sinking, among strangers in a strange land, hope sinks within them, and all is over—when such is the history of whole ship loads every winter, I cannot conceive of any adequate cause for that infatuation which repeats ceaselessly from year to year in reference to Consumption, "you must go to a milder climate."

Dr. Armstrong, an English author and lecturer, in a celebrated medical school says, in reference to this same subject, "with regard to climate, I thought favorably of a change some time ago; but so many appalling facts have come to my knowledge, that I have been induced to change my mind. If Consumption be threatened, the patient has the best chance at home. If the patient be in threatened Consumption, to remove him from his friends is to wrench him from all the affections which have held him from the time of his birth; and no man can bear this, without receiving a shock which may be exceedingly injurious. Besides which, the fatigue of travelling, the risk of cold, the worry and bustle of inns, the diet, which becomes in some measure dependent upon chance, on the road,

Another person had consumptive symptoms; was shut up in a warm room, dieted and physiced, waiting for a vessel to go abroad. A different course was recommended. In ten days his cough disappeared, and at the end of five years had not returned.

Dr. McDonnell, in the *Lancet* for April, 1844, gives a case which greatly perplexed the Dublin physicians. It had every prominent mark of Consumption in its last stage. Its origin, its general symptoms and many of its physical signs were those of true tubercular phthisis. There were present emaciation, purulent expectoration, hectic fever and a blubbering of matter at every breath, at the top of the affected side of the chest, and various other signs, which would at once have led a superficial or ignorant investigator to pronounce it Consumption in its very last and most hopeless form. But a more experienced practitioner confidently declared that it was a very different disease, and treated it accordingly. The subsequent and perfect cure of the case by means not applicable to Consumption, proved beyond all question, that it was not a case of phthisis. Eight other cases are given, having quick pulse, night sweats, emaciation, and other hectic symptoms, all of which got well as above. Had these cases come under the examination of a common physician, having no special experience in Consumptive cases, they would have been declared hopeless cases, and that the only possible chance of recovery would be to go to the south.

Indeed, it is a very easy thing to say that a man has Consumption, and in order to get clear of a troublesome case, that is not understood, send him away from all the endearments of home and kindred, as the only possible chance for him to get well; but when people from a distance come to me, and I find their lungs are affected, if I send them any where, I send them back home; it is the best place to die at, if one must die. It is a terrible thing to die among strangers; in the sufferings of weary days and dreadful nights, to have no friendly look, no kindly smile, no tone of tenderness to go down with

you into the darkness of the tomb. Instead of a mother's angel ministrings, to extract from voracious hirelings, their impatient attentions; no sleepless anticipations of a thousand little wants, nor look, nor tear of sympathy. I have sat by the bed side of the "stranger" alone, in the weary hours of midnight, and closed his eyes in the long sleep which knows no awaking, for no one seemed to care how or when he entered on the unending journey. "Can I live to see my mother once more?" said a young gentleman of wealth and promise, on his way to one of the West India Islands. "No, my friend," said I, "it will require until Tuesday for a letter to reach her, and you cannot live till then." "Well, it is hard, I did not think I was so near the verge." And yet he had left mother and sister, and a home that commanded every comfort, many hundred miles behind him. He died on Monday.

A worthy and respectable gentleman from Ohio, arrived in New Orleans, on his way to one of the islands of the Gulf, for the benefit of his health, having left behind a young wife and child. He consulted me merely for the purpose of enabling him to continue his journey. "My dear sir," said I, "you are not able to leave your room, and probably will not be." "Write to my wife, doctor, and tell her to come to me and bring our child along." "My good friend," I replied, "it would afford me great pleasure to do any thing you may desire, but you are in a worse condition than you are aware of, and under the circumstances, I feel compelled to be candid with you, you cannot possibly live but a few hours." He died that night. These cases are given to impress the reader with this fact, that if you are so far gone with the general symptoms of Consumption, that your physician can do no more than advise you to go to sea, or to a milder climate, you are too far gone to recover your health by any such indefinite and hap-hazard prescription. And under such circumstances, the only possible chance of your getting better, is to remain at home, where you can have every comfort and every attention which affection

for several weeks, any of the symptoms which have been named as the usual attendants of Consumption, not to distress himself about deciding what name to give them; call them any thing you please, that is a matter of no consequence; your great anxiety should be to get rid of them as soon as possible, by the proper application of judicious remedies, and let the mind be at rest. For although you may succeed, in general, in persuading yourself that it is nothing serious, or only bronchitis at most, yet the suspicion will now and then flit across the mind, at most importune times, in the gay assembly, the crowded street, the throng of successful business, or amid the loved family circle, "it may be consumption, how happy if I could only get clear of it!" A single tickle in the throat, or heck of a cough, or momentary pain in the breast, or a speck of blood in the expectoration, will excite these unwelcome thoughts, and amid circumstances of the highest and purest delights, will mar all your joys. Surely it can be nothing short of a species of infatuation, which leads men to live on, with such a tyrant check to their happiest hours, when in a few days or weeks, they might be released from the boding spectre, only from the fear of calling certain symptoms by a certain name, which is groundlessly associated in their imaginations with the same thing, "as being doomed to death."

There can be no doubt, that those who do not practice exclusively in consumptive diseases, do frequently pronounce persons to have Consumption, which there is no hope of curing, unless by removal to a milder climate, however inconvenient or impossible such a removal may be, when, upon examination by a more competent and experienced practitioner, no proper foundation for such an opinion existed, as subsequent and speedy restoration to perfect health, by means not intended to reach the lungs, most conclusively demonstrated. The mischievous and cruel effects of an opinion so erroneously formed, can scarcely be imagined; and doubtless, by its despairing influences on the mind, has hurried many a one to the grave,

who else might have lived in happiness many years. I will illustrate by a few cases from different sources.

A person had severe cough for some time, and was treated without benefit by several physicians; on examination it was found that a large amount of "wax" had collected in the ear and become hardened; it was taken out, and speedy recovery followed. A straw, or the end of the finger introduced into the ear, produces an active dry cough.

Common hysteria often produces cough, expectoration and spitting of blood, giving rise to alarming apprehensions of Consumption.

Disease of the liver sometimes occasions cough, expectoration and hectic, and is pronounced with great confidence, to be "Consumption;" when even a superficial examination might have shown the contrary.

Dry cough, pain in the back, and difficulty of breathing, are sometimes caused by hardening of the liver.

A lady had a cough and loss of voice; and for two years was shut up in the house, for fear of catching cold, and of course got weaker and worse every day. She was made to abandon her room, go out of doors, eat and drink substantial aliment, and with a little simple medicine got well.

A gentleman had been ill two months, with all the ordinary symptoms of Consumption, such as cough, expectoration of a yellowish substance with a little blood, night sweats, pain in side, falling away, &c., with hectic fever; but it was active inflammation of the lungs, and was cured accordingly in a few days, but by a very different mode of treatment from what Consumption would have required.

A young gentleman was condemned by high medical authority to go to the island of Madeira, as "nothing else could save him;" but his business required his personal attention, and besides, he was going to be married. On seeking new advice, he was counselled differently, got well in a month, and is now the father of a family.

not open their eyes to its existence in time; just as a man will not admit he is a bankrupt, until the officer turns the key on his door, and his estate is a perfect wreck.

Tubercles of themselves are not necessarily fatal, as is proven by their being found every day, in the lungs of old men, who had died of some other disease, and yet the lungs performed their functions properly to the last. To make tubercles fatal, there must be the application of some other cause; and that is abnormal action of the capillaries, from the effects of a violent cold, or long continued ill health; these not only cause tubercles to soften in persons born with them, but originate them in the lungs of those who never had them before. Continued ill health then, originates tubercles in a few weeks, and in a few weeks more, causes them to soften, thus bringing on the last stage of the disease. When they are already in existence, a violent cold may bring about their softening in a very few days, hence one origin of what the common people call "Gallopning Consumption;" a person with weak general health, without any actual disease, or special complaint, gets "caught in a rain," or "sat in a draft of air," or "slept with the window up," or had "hooping-cough," or "the measles struck in," and in a few weeks is dead from true phthisis, while another of more robust health, remains perfectly uninjured by twenty times the exposure. To prevent then, arrest, or cure the disease, appliances of a constitutional character must be made, and without this, one step of progress towards renovation, never can be taken, and no mode of treatment can possibly be successful, except in proportion as it involves this principle of cure. These hints are thrown out for the benefit of medical men, that they may be induced to look at the subject in a different light, and by patient study, observation and trial, acquire such a skill in the employment of proper remedies, as will secure them the same success, which has attended the efforts of others. At the same time, I invite attention to a declaration of that great and remarkable man, Mr. Abernethy, "can Consumption be cured? that's a question which a man who

had lived in a dissecting room, would laugh at. How many people do you examine who have lungs tubercular, which are otherwise sound? What is Consumption? It is tubercle of the lungs—then if those tubercles are healed, and the lungs otherwise sound, the patient **MUST GET BETTER**. But if the inquirer shift his ground and say ‘it was the case I meant, of tubercles over the whole lungs,’ why then he shifts his grounds to no purpose, for there is no case of any disease which, when it has proceeded to a certain extent, can be cured.”

But after all, I scarcely expect a revolution on this great question to begin with physicians, especially leading ones, such as Professors in Medical Schools; they are already too strongly committed, and it is too humbling to confess to an error in opinion. We must look to the common people to begin the change. The following curious items, strung together by an anonymous writer, but beyond all doubt authentic, are apt illustrations of some of the sentiments just proposed, showing that leading men, not only do not begin reforms, but have in all ages of the world been its bitterest opposers, more especially in medicine:

“Surgery once staunched the blood, by applying boiling pitch to a wounded artery. Ambrose Pare introduced the practice of tying the artery with a ligature; and for this, the Faculty hissed him to scorn, as one who would hang human life upon a thread.

Antimony, which was introduced by Paracelsus, as a medicine, and is now generally regarded as a potent remedial agent, was at first proscribed by the French Parliament, at the instigation of the College, and to prescribe it was made a penal offence.

Protestant England originally regarded Peruvian Bark as the invention of the Devil, because introduced by Jesuits.

Dr. Groenvelt, who, in 1693, discovered the curative virtues of cantharides in dropsy, was committed to Newgate by warrant of the President of the College of Physicians ‘for prescribing cantharides internally.’

years of practice can give, and publishes his success, the remedy and the mode of using it; in less than a month perhaps, he is set down and published as an ignorant pretender; and if he does not publish the remedy, he is called a quack or a charlatan, selfish, inhuman, and by other like epithets. Under such circumstances, a man who has any regard for public opinion, scarcely knows what to do. If he be a humane man, and has a remedy, he is desirous of publishing it to the world; but if he tells its name, it is laughed at as absurd, and if he does not tell the name, he is called a brute. The fact is, the medicines of a physician may be compared to the tools of a workman, efficacious in proportion as they are skillfully used. A good mechanic can make several neat articles of furniture with a single chisel, which a botch could not do with a whole chest of tools; and there are physicians who can cure half of the ordinary ailments with tartar emetic, or calomel, or quinine, while others with the whole materia medica fail in the simplest diseases. I have not the shadow of a doubt, that many cases of decided Consumption may have been perfectly cured by emetics; I believe there are other individual remedies which have accomplished the same thing, on the very same principle, that a finished workman can put one tool to a hundred good uses, that a mere apprentice would never dream of. A soldier handles a frail sword with more execution in battle, than a butcher would with cleaver, axe and carbine. It is the genius and skill with which a remedy is used, that accomplishes the wonder, and hence it is, that not a month passes but what some simple remedy is proposed as having effected wonders in the hands of the writer, and in the very next month perhaps, this man and that and the other, writes that he has tried it without the slightest possible advantage, and forthwith the remedy dies for fifty or a hundred years. There is scarcely a single article on the apothecaries' shelf, that has not in a similar manner, had its day of glory and its death; and such will be the case, until men learn the application of remedies on

principle, and not dictum. Every physician must know that there is scarcely an indication to be named, which may not be accomplished in more ways than one, perhaps a score of them, as there is in all men, more or less of idiosyncrasy, as to the remedial influences of any particular drug. The true mode then, of practising medicine with safety and success, is, first to ascertain the indication, and then to effect it in whatever way he can, and with whatever remedy the practitioner can most skillfully use.

In my practice in the treatment of Consumption, the indications are

1. To equalize the circulation, without reducing the strength for an instant.

2. To secure the free, regular daily action of the chylopoietic viscera, without debilitating remedies.

3. To raise the general health and strength to the highest possible standard, and by these three, securing first, an arrest of the progress of the disease; second, an absorption, or removal otherwise, of all noxious matter from the lungs; and third, by approximating divided parts, hasten cicatrization.

Now there is no educated physician that lives, but will agree with me, that the three things named, are precisely what are wanted to be done in Consumption, and that whoever, or whatever accomplishes these, effectually cures the disease. So far then, we agree; but here we differ—he says he cannot do it, nor can any body else. I say that I have done it; but as to what other people can do, or cannot do, is no particular business of mine. I believe not merely that any thing can be done that ought to be done, but that there are more ways than one of doing what ought to be effected, especially in reference to the points above named. And I certainly think that any observing, unprejudiced physician, who will make consumptive diseases his whole study for years, will succeed in arresting and curing many cases; the greatest and almost the only serious draw back, being, that considering it incurable, men will

craft, for months at a time, and have never yet found fresh air on any ship that ever floated, unless in the main top, and invalids do not often mount such places. I do not mean to say that there is no pure air at sea; but I do assert, that invalid passengers never get enough of it to do them any material good. Let any ship traveller look at the items of a voyage. You are in the cabin while you eat and sleep and lounge, which, at the very lowest calculation, is twelve hours, supposing the weather ever so favorable. But how many days in a month is it suitable weather for an invalid to be on deck in any latitude? Three-fourths of the time it is too hot, or too cold, or windy, or rainy, and were it neither of these, every morning, as regular as the morning comes, the decks are too damp for an invalid to stand or walk on, until a long time after breakfast; and thus the freshest and loveliest part of every day is lost. As for taking exercise, it is a thing almost impracticable; for in the first place, there is no time; and if there were, there is no place; and were there both time and place, you can't do it to any serviceable extent; for if the weather is fine, the greater part of the deck is occupied by the men repairing the sails or other rigging; and if the weather is foul, you do not want to be there. It is true that passengers have the privilege of the quarter deck, but I do not consider that much better than walking around a tub, bottom upwards. There is only one conceivable way by which a consumptive person can be benefitted by a sea voyage, and that is by performing sailor's duty, and living on sailor's fare, regardless of weather, taking it as it comes; making it, however, an indispensable consideration, to have full, regular uninterrupted sleep, dry and warm, and never go below decks. But as not one consumptive in a million would have energy enough to undertake such a means of cure, it is not worth while to recommend it. Nor is a residence on the coast any better, because all coast situations are subject to sudden and piercing cold winds, producing chills, colds and pleurisies—counteracting in an hour, the benefit of a whole week's judicious nursing. A cool, dry,

uniform, fresh, still atmosphere, is the grand desideratum for a consumptive, and to secure this, should be his only inducement to leave home for any length of time; and when by suitable remedies, in careful and experienced hands, the system is first placed, and then kept in a condition to derive the greatest advantages from these circumstances, the restoration to health and life and friends, will be with great uniformity, speedy, regular, perfect and permanent, under suitable modifications.

A revolution must necessarily take place both in the theory and practice, in relation to Consumption of the lungs. Medical men must admit its curability, and then have energy and ambition enough to attempt its accomplishment. He is not worthy the name of a man who says of any thing desirable under the circumstances, "it can't be done;" it is the motto of ignorance and idleness. Suppose Consumption never had been cured, that surely is no reason why it should not be attempted, and if one plan or remedy, or system of treatment fails, common sense dictates "try another." But what is the infatuated practice of the times?—blistering and bleeding, and leeching and seatons and issues, have been tried, and failed for hundreds of years, men know it has failed, declare it incurable, and yet when they have once in five years a case, if they do any thing at all, it is to bleed and blister as before; it seems almost incredible, that rational men should pursue such a course and at the same time abuse and decry and defame others who propose a different treatment; not only abuse them for endeavoring to find a better path, but even for asserting that it can be done at all. It really requires forbearance to write respecting such. It seems to me, that the wiser and more humane course would be, to be anxious for some mode of cure to be discovered, to give every countenance and encouragement to those who were attempting the discovery, and be delighted with every advance that was made. But the common practice is widely different. If a man in ten or twenty years practice, acquires a skill in the use of a remedy which only

themselves of suspicious and threatening symptoms, even though of a hereditary character. And it is in the contemplation of cases like these, in which the happy effects of my plan of treatment are seen in restoring the health or protracting the lives of those who have applied to me, that I still propose with a cheerful confidence, to do all that is in my power to bestow upon those who may come hereafter, the like great advantages.

T. Y. P. of A., a young gentleman of great moral worth and personal accomplishments, consulted me for pains in the breast, and about the shoulder blades, oppression in breathing, a troublesome morning cough, daily expectoration of several spoonfuls of yellow matter, and repeated attacks of spitting blood; several large mouthfuls at a time, and quite red. I have not seen him since the first week. At the end of six months, he was no better; on inquiry, I found that for a short time he had faithfully observed my directions, and was "apparently much improved, most of the unpleasant symptoms to a great extent disappeared, but the cough was never entirely removed; there still being a slight tickling during the day." And strange to say, that although doing so well, he remitted his exertions at the end of a few weeks, and the symptoms returned; he became dispirited, and might have died, but I encouraged him to try again and make a more determined and protracted effort; he did so, and in the course of a year writes:

"DEAR SIR—Your kind favor was duly received. Accept my thanks for your continued interest in my welfare, permit me, &c. My health continues comparatively good, and I am surprised at it myself, considering my long continued and close confinement at so unsuitable an occupation; scarcely any pain in my breast or side, no bleeding, &c."

But I presume it is scarcely necessary to give other cases, or present other extracts; the design I have had in view in offering so many, was simply to show what kind of complaints those have who apply to me, and the frequency and ease with which they are removed; and if it will be instrumental in

leading but a few to make an effort to save themselves from a terrible disease, and an untimely death, and thereby secure long years of pleasure and of gladness yet to come, then shall it be my happiness to believe that I have not altogether lived in vain.

Persons inquire frequently, if I would advise a sea voyage in cases of actual Consumption. I do not, because it oftener aids to kill, than cure. Those who have tried it for the removal of consumptive symptoms, have so often assured me of its inadequacy, that although once an advocate for it, I have been compelled to abandon it from the multitude of strong facts against the practice. Many seem surprised that I should not be in favor of breathing the fresh air as it came from the ocean, and begin with great energy to reason about its purity, and to theorize about its freshness and bracing nature. Now I do not argue with people; it is troublesome and seldom does good. Those who love argument, seek for victory and not information; and I have generally found that men are oftener reasoned into their opinions than out of them. As for theories, I am afraid of them. They all appear plausible enough, until you come to look at the items which compose them. It constantly happens that a theory is proposed, criticised, abused, pruned, trimmed, embraced, defended, fought and died for; when some new fact is brought to light, sweeping away its broad foundations, and in a few years afterwards, we can scarcely persuade ourselves to believe so great an absurdity ever had an advocate. Revolutions like these are constantly going on in every department of human knowledge, and he perhaps is the wisest, who keeps himself unwedded, and follows without reluctance, wherever well authenticated whole facts may lead him.

But to return to the benefit of the pure ocean air in tubercular disease. I have elsewhere declared with sufficient plainness, that without a large and frequent supply of fresh air, no consumptive person ever did get well—nor ever will. But I have travelled many thousands of miles, in all kinds of sea

Lady Mary Montague, who introduced the practice of inoculation, was hooted at by the Doctors, and denounced from the pulpit by the Ministers, as presumptuously taking events out of the hands of Providence.

Jenner, the discoverer of Vaccination, one of the greatest benefactors of the human race, was run down by the Royal College of Physicians, at London, for what they chose to consider his monstrous quackery; and one Errham, of Frankfort, undertook to prove from the Holy Scriptures and the Fathers, that vaccination was the real Anti-Christ!

Harvey lost his practice at first, and was proscribed from the consultations of his fellow-physicians, because he proclaimed the circulation of the blood. They would not believe that a theory which had descended from the wise men of Greece and Rome, could be false."

What has been, will be again, and we must expect for years to come, that leading men in the community will be the most obstinate opposers of the doctrine, that Consumption can be cured; and they, *with those whom they influence*, will be the last to derive any benefit from my principles of practice.

I do not desire to be understood as offering a specific for phthisis; a mode of treatment which will cure every case, in every stage of the disease; nor any given case, in any given stage. It is only imposters, who "never fail." I merely mean to say, that a very large number of those who are in the first stages of the disease can be permanently restored to health; and that persons in the last stage of the malady, have been sufficiently often saved by the general plan of treatment which I have adopted, as to make it well worth the trial. I wish to excite no extravagant expectations. It is a painful task, when the young and trusting come, with excited hopes from what I have done for their friends, to be compelled to say to them, through the distance of months, it may be, "my friend, you must die!" When the lungs are all gone, I propose no miracle; I offer no recreations; for there are certain combinations of symptoms, as connected with a particular temperament, or

phase of constitution, which make death inevitably certain; and as I have elsewhere said, these sometimes present themselves long months before hand, and one who has seen them often, can never mistake them.

It was not designed, in the publication of these pages, to offer a recipe for the arrest and cure of Consumption; but simply to give the reader a general idea of the nature and symptoms of the disease, that he might be able to perceive its coming at a great distance ahead, and wisely apply, without delay, for the proper means of health and life. I most sincerely deprecate the publication of "useful receipts" for the cure of any species of sickness or disease. Every intelligent physician will feel the truth of the expression when I say it is the cause of infinite ill. Rules, recipes and regulations, too numerous, for the prevention of diseases, cannot be published; the great misfortune is, that there are too few books on that most important subject, "The prevention of Disease," and the maintenance of a good constitution. General Hygienic principles ought to be made a fundamental part of the education of every girl in the land. The physical destiny of the child is moulded by the female, from the moment of birth, and even before, upwards. And who, that ever thought at all, is not impressed with a feeling of the all-controlling influence, which the physical has over the moral, the eternal destiny of man! My mother, and honored be the thought of her, has seven children, the youngest nearly grown; and although herself, of a delicate frame, those seven do not average an hour's sickness in a year; her three practical mottoes for their physical education were, "eat and sleep, my children, whenever you want, and as much as you want, let your dress a little more than fully protect you from the weather at all seasons, and never expose yourself to heat or cold, or over-fatigue, on any account. These children are scattered in different quarters of the globe, one of them, a world's wanderer, has been in every variety of latitude, from the tropics to the poles, has strayed alone over desolate and dreary places, at noon and at midnight,

under burning sun and chilling rains, not sleeping once under a roof for three months together; lying on the ground at night, wading by day from ankle to waist in mud and water, blown up, captured at sea, shipwrecked, and yet not sick an hour; always ready for eating, sleeping, or a hearty laugh; and though repeatedly away from kith, kin and country, hundreds and thousands of miles, among people of a strange tongue, without a friend, without an acquaintance, without a dollar, without one single shilling, yet always high in health and hope, his spirits never for an hour flagged, never knew zero. The secret of all this, is good health; obtaining a good constitution, by avoiding all kinds of exposure when growing up; and taking care of it afterwards, by not exposing it uselessly or voluntarily. And I have found myself, that the best way of hardening a constitution, is, to take good care of it; it is no more bettered, by being banged about, than an old hat. If you want it to last long, treat it as you would an elegant garment, do not expose it to wind or weather, to surfeits of food or drink, of appetite or passion; and then, when the Saturday night of life comes round, it will look and feel "almost as well as new!"

But to return: we were speaking of the injurious effects of publishing "cures," for the multitude. One among many good reasons which will suggest themselves for discountenancing it, is the liability to mistake the malady; even skilful physicians, of forty years' practice, sometimes do this, and not unfrequently, a mistake is a murder! To illustrate how easily one malady might be taken for another, I will give a case: A well dressed man called at my office to consult me for Consumption. He had a troublesome cough; yellow expectoration; great debility; considerable emaciation; a weak pulse, of one hundred and twenty in a minute; liable to cough and throw up his food; shortness of breath; easily fatigued in going up stairs, or up a hill; difficulty in breathing; stoop shoulders; breast bent in, and contracted; frequent night sweats; bowels alternately costive and loose; sleep restless; appetite irregular;

sometimes felt well, and sometimes worse. In short, I never, in all my practice, had a case which presented together, so many of the decided symptoms of Consumption. After a leisure examination I came to the conclusion he was too Consumptive; that it was Consumption exaggerated; and must be something else, and consequently refused to prescribe for him, telling him at the same time, that a Consumptive's treatment would kill him in a month. He went away with a heavy heart, and with the most utterly "give up" expression of countenance, I remember to have seen. But he evidently did not believe me. He had been in good circumstances, and had a large family to support; but having been sick, and unable to make any thing for two years, and on expenses all the time, he was almost reduced to actual want. These circumstances he had frankly communicated to me, as also his utter inability to pay me a single cent, for my trouble or remedies. He thought I turned him away because he was poor. I cordially invited him to call on me at any time, saying that I should be pleased to see him, and do him any good in my power; but I never saw him afterwards.

The reader will doubtless want to know why I pronounced it clearly, not a case of Consumption, and what became of the man. Within two months, he got as well as he ever was, and as far as I know, so continues, as I have not heard of him, since eight months after he was at my office. I perceived that the slightest mental shock, or the least bodily exertion, even rapid walking, almost took away his breath, and would cause him to sink with sheer weakness. The physician will at once name his malady, obstruction of one of the vital tubes: and so I pronounced it at the time; warning him, that he was in consequence, liable to die in any two minutes. A few weeks afterwards, "something went down the wrong way," and threw him into a most violent fit of coughing, which brought up a piece of limey substance, described to me, "as large as the end of the finger," and he got well.

There is another objection to persons who are sick, taking

medicines, however harmless they are solemnly affirmed to be, unless by the direction of an educated, and experienced physician; there are stages, or conditions, in almost every disease, when the patient is no kind of a judge whether he is better or worse; consequently, while he is taking some unknown mixture, and fondly supposing that he is improving hourly, and imagines himself almost well, the disease may only be lulling for an instant, to gather fresh strength, to sweep its victim to the tomb! How many thousands are there, who have said of some particular day or hour, "I never felt better in my life," and the very next day or hour, are racked by disease, or dying or dead; and on the other hand, persons may feel worse than they ever felt before, and yet the physician be perfectly aware that it is the certain herald of immediate and permanent convalescence. I will give two or three cases of this kind, occurring in my own practice.

An American city physician, educated in Europe, of thirty-two years medical practice, brought his friend, whom he had been attending for some time, and requested my opinion of his case; and if I thought I could do him any good, to undertake it, provided such remedies were given, as could be approved of. "Doctor," said I, "I think I can be of some service to your friend, but he must implicitly follow every direction I give; and take every medicine I prescribe; but your approval, cannot be considered as a part of the prescription." Such directions were given, as the case seemed to require, and they left. Several days after, they returned; as soon as the door opened, I saw something was wrong; that they were both, not angry, but mad; and as several persons were in the office at the time, waiting for an examination, I requested them to step into an adjoining parlor, for a few moments, and when ready, called on them.

"Any better?"

"No, worse!"

On examination, I replied: "You are better, very much

better; to-morrow, you will feel convinced of it yourself; if you are not, the amount paid me, is subject to your order."

I gave directions, and nothing more passed. The next day, they came to make an apology.

When that patient came to me, he could not descend from the carriage without support. Some ten months afterwards, I saw him walking the streets as other men, without even the aid of a cane; he had improved fifteen or twenty pounds in weight—was able to sit as a grand juror eight hours every day, and that without special inconvenience or fatigue.

An accomplished, and well made young woman called on me for a lung affection. She had been attended by several physicians for some months, but the cough, expectoration, weakness, irregularity and pains, grew worse and worse. The assurance that I might do her some material benefit, was "news too good to be true, but would try it for a while, at all events." In a short time, all pains left her. She became alarmed, lest they were lulled, but to break out with perhaps fatal violence, and thought of declining further treatment. I persuaded her to "wait a while and see." She did so, and continued to improve. After some time, however, she began to grow weaker, seemed to herself, to be worse than she ever had been before; felt all the time like lying down on the floor, and staying there; would as leave die as not; didn't believe any good had been done her; was falling off every day, and — as mad people generally run out soon, if no reply is made, so my fair friend came forthwith to a stand still. I then handed her some prescriptions, which were preparing while she was talking, and opening the door, said to her, "you will improve in health and strength from this day forward." For a long time, I neither saw or heard of her, when one day she came into my office, bringing with her one of the prettiest young children I had lately seen. I was certainly very glad to see her look so well, and inquired why she had not called to see me before.

“O, I don’t know, sir; there’s nothing the matter with me now, I feel well enough, and did not think it worth while to trouble you any more. I only called to-day to know how you were.”

Another case of an opposite character. A man who had several cavities in the lungs, with the most marked symptoms of the last stages of Consumption, used the remedies, and rapidly improved; was soon able to walk about, and at length believed himself out of all danger. He was warned that it was too soon to abandon the treatment, but to no purpose; he left the city, in a few months got worse, and being out of the reach of medical aid, only returned in time to die. On examining his lungs after death, I found all the smaller cavities perfectly healed, with the most beautiful healthy cicatrices, the one large cavity was healed, and healing at the extremities with a scar, but an extensive portion about the centre was unhealed and full of matter. It must be apparent to the reader, that a little longer attention to the remedies, would have completed the cure. I consider this case, under the circumstances, one of the strongest that could possibly be offered, it is nothing less than a demonstrative evidence of the efficacy of the treatment, greatly stronger than if the man had perfectly recovered; for if he had recovered, it would have been declared “not Consumption, but something else.”

The three preceding cases are given, to show that the patient should not trust his own feelings as to the fact whether he is improving or not, or as to the propriety of remitting the use of the remedies prescribed. The physician’s judgment should be relied on. If then the patient is not the proper judge of his own actual condition, but is liable, as the above cases conclusively show, to the most palpable deception, how most unwise is it, to rely upon his mere feelings, as to his improvement, while taking unknown compounds, or as to the safety of omitting the remedies prescribed, until his physician expressly authorizes the same.

I will here renew an intimation elsewhere given, in the

hope that its repetition may attract the attention of those most deeply interested, and secure a practical application.

If any one member of a family, a child or parent, for example, has died of Consumption, the appearance of the slightest symptoms of the disease in any of the other members, should be regarded with lively apprehension, and serious alarm; and instant measures should be taken for its utter eradication, and the prevention of its return; not perhaps by taking medicine, but by the prudent adoption of such prophylactic measures, as experience and the circumstances of the case may indicate. Many a child of promise, perhaps the last of a numerous family, could thus be easily saved. It is most unwise to delay until there is absolute certainty that it is Consumption, and can be nothing else. In a Consumptive family, almost any symptom of debilitating disease, of three weeks duration, means Consumption begun, and should at once be treated as such; not by a blind and credulous resort to the use of unknown mixtures, but by seeking advice from a careful and experienced physician.

Consumption of the lungs is a disease becoming so common, especially in the south and south-west, that I conceive medical men are loudly called upon to direct their attention to the special study of its nature, its causes, its prevention and its cure. Unless there is a check presented to its progress in some way, it will soon be impossible to find in a thousand persons one well developed man or woman. We will become, as a nation, a puny breed of Lilliputs. It is a great mistake, that the south is favorable to Consumptive constitutions; the climate is too wet, damp, and foggy; it is too debilitating; and I had almost said, too cold, for the universal dampness of the atmosphere, continued more or less, throughout the twenty-four hours, abstracts more vital heat from the system, than a temperature many degrees lower, without imparting the bracing and life giving influences of a clear, dry, still and frosty locality; and if he leaves home at all, to such a place, a Consumptive should repair. Caution has already been given about leaving home; and if it needs corroboration, I cannot do better

than quote the sentiments of one of the most honored of British physicians now living, who says, in writing of the effects of the atmosphere on the lungs, that the advantage of breathing warm air, in Consumption, is very much overrated, as it runs its course rapidly in Italy or any warmer climate; such also, is the experience of Andral and others; that a deception has arisen, in consequence of persons not really Consumptive having been sent to warm climates, who from the comparatively trifling nature of their ailment, have returned cured, or at least not worse. In some of these cases, erroneously called Consumption, the progress of the disease is said to have been checked by the influence of the milder climate; this popular prejudice has still, however, a strong hold on the minds of men. But for all that, it is generally unnecessary, and worse than useless, to send patients away from their friends, and often at an enormous inconvenience. "If they are Consumptive, they will thus die in exile; and if not, they may be cured at home." Of this, there are many marble records in the West Indies, Madeira, Leghorn, the South of France and Paris. Dr. Chavasse very pertinently asks, can any thing be more absurd or cruel? If there be any disease that requires the comforts of home and good nursing, more than another, it is Consumption.

While my plan of treatment calls into requisition those aids, which only home can afford, it does not require in most instances my personal supervision, as the cases which have already been given, fully prove. It is very true, that a visit to me for a few days is preferable; but in a number of cases it is useless, and in others entirely unnecessary. I will give a case where benefit has been derived without a visit, by merely writing. There is no miracle about it, nothing very remarkable, I merely present it as an ordinary case of benefit derived by written prescriptions. A distinguished lawyer, a thousand miles away, writes May 10th. "Age 30; married; three children, mother, sister, uncle, aunt, died of Consumption; caught cold several years ago, followed by a severe cough; continued to the pre-

sent time; a few months ago, had spitting of blood; it came mixed with phlegm at first, but in a day or two I coughed up three or four mouthfuls of pure blood, and have had a return of it; fixed pain along the breast bone; threw up phlegm every day. Stools costive; have a narrow chest; walking fast or far, wearies me more than formerly; pains in the side, breast, under the ribs, and between the shoulders, appetite irregular, soreness in the lungs, &c. Respectfully yours, N. E. S.

I prescribed for him, and in a few weeks he writes:

DEAR DR:—My expectoration is easier; I have been relieved of the pain in my breast; there is, however, a remnant left; my lungs are not so sore; my bowels are regular without medicine; I have had no return of spitting of blood; no night sweats, or cough in the night at all. I am a little nervous at times, but on the whole I think I am improving.

I am very truly, your friend, N. E. S.

Although prescriptions may be safely and advantageously made, without my ever having seen the patient, and although, as a general rule, it may be best to write first, yet, if a man has plenty of money and leisure, it is strongly recommended to visit me at once, without the delay of a single hour unnecessarily, as the excitement of travel, the change of air and scene, and other circumstances, will benefit both body and mind, and in a few days he can return to his friends, and in the bosom of his family, enter upon the adoption of those measures which offer the most rational promise of a safe and permanent restoration to former health.

The general prejudice which exists in the minds of the community against the disease being cured at all, will hinder many from making application for relief; others will hesitate, not because they consider their case hopeless; nor because of the expense, for that would be accounted as nothing in the scale, if health could be regained, but from the fear that this new mode of treatment is only one of the thousand preceding it, which have been held up in their turn as perfectly successful, after all other means had utterly failed. I know there is

ground for the objection, and can only reply in relation to it, that it is one of the evils of the times, and the reader must decide for himself; the question is life, and the responsibility must be all his own.

It was not until I had saved several valuable lives, that I could be persuaded myself, that Consumption could be cured at all; but as several years have passed away, and those persons are still living and doing well, notwithstanding that at the time they applied to me, their condition was considered desperate by all around them, and they were not expected to live beyond a few days, I am compelled to think that much more can be done in the way of removing, certainly, effectually, and permanently, Consumptive symptoms, than one educated physician in a thousand believes. And now, leaving pecuniary considerations out of view, I have been induced to publish, thinking that if thereby, the attention of a single individual could be drawn to the subject, who otherwise would not have heard of my mode of treatment, and such an one should be restored to life and health and friends again, I would be doing the person more good, than any risk of caste among the faculty by advertising, can do me harm. And since I turn all away whose lungs are not affected or threatened, and devote my whole attention to these exclusively, even were I to save only one in ten of such, I think I add a larger share of happiness to the world, than those who abandon them as hopelessly gone, make no effort to save, and worse than all, send them away from home and its endearments, to die unwept among strangers, and be laid in an unvisited tomb, not where the bones of their fathers lie.

I have repeatedly turned persons away, because I did not think I could save them, and was unwilling to receive money without a reasonable prospect of conferring a corresponding benefit. I fear that some of these have died, who might have been saved, as I have several times since, undertaken as a charity, and with success, cases which appeared to be equally hopeless. Perhaps a more correct view of the value of human

life, as well as proper considerations of humanity, dictate a different course, and require at least an effort to save, however hopeless the prospect; and I have found, that a refusal to attempt any thing, has induced a feeling of utter hopelessness and despair, and cut short a life, which might have been protracted for months. In all such cases too, the feelings of the patient are deeply wounded, for he cannot but lay it to the account of "man's inhumanity to man." There exists also in most of men, a jealousy of reputation; and in my own practice, while success in any case is credited to the account of its being "something else," a failure, is allowed its utmost weight; no one enquiring how desperate the case; and even if death followed the next hour, still it is bruited as a failure. Perhaps the fear of these things, has led me to refuse, when I might have saved. I therefore purpose hereafter, to endeavor in all cases, to do what I can, however hopeless the symptoms may appear to be. The following is in part an illustration of the value of efforts made, although under disheartening circumstances. There are some very singular things connected with it, and although singular, I have had repeated opportunities of observing similar cases in my practice. The subject was a young lady from a Southern city, I have seldom known a person to possess a character so nearly faultless, and which had in it so much to admire, respect and love. I scarcely think she could have an enemy, and I believe her friends were as numerous as her acquaintances. She was just in the dawn of full womanhood, and pronounced by her family physician, an educated city practitioner, "a hopeless consumptive, and could not live." She proposed visiting me. He objected, saying, it was utterly useless, and that no one could cure her. These deliberations continued for some two months; during which time, having exhausted all ordinary means known to him, he administered, very diligently, a remedy which had recently been proposed from across the water, having had, however, no experience as to its use or effects. She daily became weaker and worse, and wrote to me among other things, "If you

think, Doctor, that the prospect of getting well under your directions will be fairer, I will come, for life is so sweet to me I wish to improve all the chances."

She came to the city, but her weakness was such, that she did not attempt to walk two squares to my office. The following symptoms were presented: Pulse 120, very frequent pains between the shoulders, great sense of weakness in the breast, with wandering pains, general chilliness, afternoon hectic, great deal of burning in the hands and feet, bad appetite, very loose bowels, sleep restless and unrefreshing, great difficulty in breathing, especially during the daily fevers, cough very annoying, causing frequent nausea and vomiting, yellow expectoration, had spit blood, frequent and exhausting night sweats, had become greatly emaciated. She had taken cold from riding in the rain, two years before. The most distressing symptoms were cough and fevers, every day. The general features of the case were too hopeless for me to give any assurance of restoration. Still I thought proper to prescribe; and as it was inconvenient for her to remain in town, I communicated my views to her physician, with a request, that he would superintend the case, as it was of so critical a nature, as to require almost hourly supervision, and in four or five weeks, received from the young lady, the following letter:

DEAR SIR—I received yours, dated the 1st inst., on yesterday. I think if you were to see me now, you would scarcely recognise your long faced patient, I have improved so fast, in such a short time; and if I continue at this rate, I almost know, I shall get well. I have really gained flesh; every one tells me of the improvement; I know it myself, and of course am the best judge of my feelings. I feel like another person altogether; and even should I get worse, I know I am a great deal better now, than when you first saw me. I follow your directions implicitly in every thing; and particularly, I will not suffer myself to get the blues. I used to have them "ter-

ribly bad." But one cause was, that my physician was as blue as I was; and never gave me the least encouragement, but altogether the reverse; and you know it was hardly possible to be cheerful under those circumstances, although I was naturally of a lively disposition. On my return, he refused to attend me, or mix any medicine for me; and what do you think was his apology? why, that "if it did not have the desired effect, people would say he put something in to prevent its having the influence it should have had; and that he did not wish to take any responsibility on himself, for if I should get well, he would have none of the credit of curing me." I designed spending the winter in the South, but as you do not approve of it, I have abandoned the idea. I talk at "rail road speed" I assure you, for since I come back, I have so many questions to answer; for all are very inquisitive about your manner of treating my case. The reason I asked you about talking much, was, that a physician told me since I came back, that it was injurious to me, and that I talked entirely too much. But I intend to follow your advice, for that suits me best. Please write to me. Your friend. ANNALINE.

In a letter received two months later, she writes, "I found all well at home, and every one seemed glad to see me, I designed writing you last evening, but had company until it was too late. Every one says my improvement is wonderful. A lady remarked to M—— the other day, that Dr. ——, one of our most eminent physicians, whose reputation is not confined to this state, said to her, when they were speaking of me, that if I did get well, my lungs were never affected; for if they had been affected, it would have been almost impossible for me to have improved so fast in so short a time; but I suppose Dr. —— would have something to say in that case, as he had previously given me a very particular examination, and said that my lungs were seriously diseased, and had been so for some time. But I shall not trouble you with any more of the chit-

chat about poor me! for I am talked about, and made of more consequence than I care to be, and a great deal more than I deserve, I am sure."

Most sincerely will the reader desire with me, that the fondest wishes of this amiable and lovely correspondent may be realized; and that when the time for removal hence does come, she may be a flower transplanted in the gardens of Paradise, where the fragrance fails not, and the bloom is eternal.

I present this as being remarkable in two respects. The undeniable improvement made in so short a time, in a case where the symptoms of Consumption could scarcely be more marked and unequivocal—and the strength of the prejudices of, otherwise, sensible men.

I never expected to CURE this case: but were it only to give life to the young and the good for years, or even months, when otherwise they would have perished, inevitably perished in a few days, is a most convincing evidence of the safety and efficacy of the means which I employ. For in this case, the patient, on a visit, at the end of four months, could, and did, walk with me two or three miles with greater ease, and less fatigue, than she felt at first, in walking the distance of two squares.

IS CONSUMPTION CURABLE?

When a man's lungs have become affected, and begin to give way, turning to yellow matter, which is spit out of the mouth in larger or smaller quantities every day—can that decay be arrested, and the man be restored to good health, and live in the enjoyment of life for many years? My answer is a decided and unequivocal YES. And I will further say in the language of Abernethy, "Why, that is a question which any man who had lived in a dissecting room would laugh at!" This great physician, eminent the world over, considered the curability of Consumption so evident, so demonstrable to the external senses, as to be beyond argument!

If I did not believe that I could and did prevent, arrest, and

effectually and permanently cure the disease, I should do myself a great wrong, and the community a greater, if I did not instantly abandon the practice. The people generally believe that it cannot be cured, especially those who feel quite sure that they do not have it; but as they know nothing of disease in general, and are wholly ignorant of the nature, causes and history of Consumption, their testimony is worth nothing; it would not be taken in a civil court to the amount of a five dollar issue. But we should be fully convinced of its curability, when it is a fact that there cannot be found to deny it, *one* great name in modern medicine, who has made the subject a special study for many years; on the contrary, its curability is spoken of as a matter taken for granted: that "*The perfect cure of Consumption of the lungs is demonstrable!*" for such is the language of Dr. Carswell, of London, whose authority and whose testimony in relation to lung diseases in general, is considered on both sides of the Atlantic, as being of the very highest character; and for the very good reason, that he has devoted the investigations of a great part of his life to this particular study. Nor is he alone, such also is the medical creed of M. Louis, Laennec, Marshall Hall, John Hunter, and others, whose names will live in honor to remote ages; If the reader has the disease, or is threatened with it, and believes differently, his duty is easily performed, since he has only to do nothing, and die!

Tubercles are removed from every other part of the body, and why not from the lungs? White swelling has been perfectly cured; curved spine has been cured; lumber abscess has been cured; hip disease has been cured; king's evil has been cured; tabes mesenterica has been cured—and why not Consumption, which is only tubercle in a different part of the body? Every one knows, who knows any thing at all, and every physician of even common reading knows, that if tubercles are in any part of the body, they are in the lungs at the same time; and when that is the case, a man is in the first stages of Consumption—if, then, they are in the knee, or loins,

or neck, or belly, producing white swelling, lumber abscess, king's evil, or negro consumption, they are also in the lungs, but these diseases are cured; hence the tubercle in the lungs also must be arrested in its progress, or removed.

Some persons say that the lungs are always moving, and have no chance to heal. No physician of any surgical intelligence will say so; for many a man has had a dirk driven into his side, or a bullet shot through his lungs, and got well;—scarcely any man that has ever been a mile from home, but can call to mind instances of this kind within his own range of observation, either in animals or men. I deem it useless to offer any argument on the subject, other than the bare statement of facts just made; and this other one in addition, that it is impossible to open the bodies of ten persons, without finding scars in the lungs, showing that they were once sore or decayed or wounded, and that they afterwards perfectly healed, and the person finally died of some other disease. So far, then, from Consumption being incapable of cure, its perfect and permanent cure is a common occurrence.

In corroboration of the above sentiment, that the lungs readily heal, an extract is here given from an article in a late Edinburgh Medical and Surgical Journal, from the pen of Dr. Bennet: "Of seventy-three bodies examined, since last November, I found puckerings, or concretions in the lungs, of twenty-eight. These observations, conjoined with those of Rogee and Boudet, serve to establish, that the spontaneous cure of pulmonary tubercle, occurs in the proportion of from ONE-THIRD TO ONE-HALF OF ALL WHO DIE AFTER THE AGE OF FORTY. There seems to be no reason why cavities in the lungs should not heal with the same frequency as ulcerations or abscesses in other internal organs, if the further deposition of tubercle could be arrested; and this is only to be accomplished by overcoming the pathological conditions on which the deposition of tubercle depends."

How is it then, that "every body" says Consumption cannot be cured? It is sufficient to answer, that to form a cor-

rect and rational opinion on any subject, a man must study that subject for himself, or apply to those who have made it an object of special inquiry; and in the absence of an ability to study medicine in general, and the nature of lung disease in particular, those great men must be consulted who have; and these are the very men, who, having studied and minutely investigated this class of diseases, and none other, for years and scores of years, stand up in the face of the world; and in spite of prejudices and popular belief, declare with the utmost confidence,

“ITS PERFECT CURE IS DEMONSTRABLE!!”

This simple declaration, under the circumstances, carries to the mind of a man capable, and accustomed to weigh moral evidence, a conviction not less clear and decisive, than that produced by mathematical proof.

Persons are to be met with every day, who assert with as much positiveness that “Consumption can’t be cured,” as if they perfectly understood the whole subject; while at the same time, they are so profoundly ignorant of it, that they cannot definitely tell what the lungs were made for; or how they accomplish the object of their creation. They may be able to say, and probably would say, that the lungs were made to breathe with; but what is accomplished by this breathing, and how it operates to renovate life at every second of our existence, their understandings cannot possibly fathom. I am sorry to be compelled to add here, that among this class of persons in sentiment, are a number who practice medicine. But many of these, I am persuaded, are persons who “just took to doctoring,” as the common people express it, without any literary education, or competent medical instruction. As for the remainder, they are, with here and there an exception, those whom age has disabled, or younger practitioners, with little experience, and less observation, who lack the energy or capacity requisite to investigate the subject. The manner in which these persons utter their sentiments, not only wounds

the feelings of the invalid, but is calculated to throw a slur on those, who, with a true and praiseworthy devotion and self-denial, are endeavoring to bring the ruthless disease more completely within the control of remedial means.

I think it is the duty, and it will be the inclination of every humane person, to discountenance the opinion that there is no remedy for Consumption; for if it prevails extensively, many valuable lives will be lost in two ways: some by falling into utter hopelessness, as soon as it is ascertained that they are Consumptive, and die in consequence, in a very short time. But a very great number of lives will be sacrificed every year in another way, by being erroneously pronounced by incompetent persons, to be "in a decline," when such is not the case; and as a matter of course, sent off to a milder climate to die among strangers, and away from all that is dearest to memory. Several interesting examples are given, page ninety-eight, illustrating how easily physicians of no special experience in diseases of the lungs, are misled, and give decisions involving life and death.

The prevalence of the opinion that phthisis admits of no cure, is highly mischievous in its tendencies; for if a man believes it, and believes also that he has the disease, he must admit at once, that his death is inevitable; and to avoid such a conclusion, he allows himself to be deluded into the belief that it is something else; and thus, time that is invaluable, passes by, while the disease is every hour infixing itself more immovably in the system, and the infatuated invalid awakes not from the deception, until the last day, and sometimes until the last hour of his existence. And it is this, with other things, which leads to the universal belief of the incurable nature of phthisis. A certain set of symptoms are suspicioned by friends to be Consumption; if the person dies, it is at once pronounced "Consumption," but if, with precisely the same symptoms, another lives, it is declared to be "something else."

THE EVIDENCE.

Verbatim testimony of distinguished medical men, living and dead, both in this country and in Europe, in favor of the curability of Consumption of the lungs, or phthisis pulmonalis.

As the general reader could not be expected to know the position which these men have occupied in the world, it will add to the weight and proper appreciation of their testimony, for me to state in what situations they were placed, and in what estimation they were held by the communities in which they lived.

John Hunter, the Napoleon of medicine says, certain things “tend much to cure scrofula, and consequently to CURE CONSUMPTION, which is clearly scrofula, and admits of CURE.”

Dr. Carswell, an English physician of great eminence, who spent many years in examining Consumptive cases, while living, and the appearance of the lungs after death, uses this remarkably strong and decided language.

“Pathological anatomy has perhaps never afforded more convincing evidence, in proof of the curability of disease, than it has in that of tubercular Consumption.”

This same gentleman, who is one of the most elegant, and popular writers of modern times, says in another place:

“The important fact of the curability of Consumption has been satisfactorily established, and its PERFECT CURE DEMONSTRATED BY SCARS IN THE LUNGS.”

Dr. Evans, another English author, who has had a most extensive practice in lung affections, for many years, says “I promise you, that by pursuing a proper line of treatment, you will be enabled to cure many cases of Consumption in EVERY STAGE.”

In reference to the above statement, the editors of the London Lancet, one of whom is a member of the British Parliament, and an educated physician, says, in a recent number of that work, which is, by the way, the first and best medical publication of the kind in the world.

“On this point we entirely agree with the author, that recovery from phthisis pulmonalis, is much more frequent than is generally supposed, is an opinion daily gaining ground. The press at present, is teeming with works on this subject, and the numerous facts that are daily brought forward can no longer be met or put down by charging those who publish them with want of knowledge. * * * We deprecate that condemnation which those receive who maintain its curability. * * * There is necessarily nothing malignant or fatal in tubercle itself, and by treating the constitutional disease, its further deposition may be checked!!!”

Dr. Weatherhead, a veteran physician of London, says:

“It is now too much the fashion with a certain class of our profession, when they find or fancy, that lesion of the lungs is present, to condemn the patient to inevitable death, and thenceforth abandoning all active measures for his recovery, adopt a mere paliative mode of treatment, under which, time never to be regained is lost, and the patient glides into that incurable stage, in which they had at first pronounced him to be.”

The following extract from a French author, who has had extensive opportunities of making observations in diseases of the lungs, and who for a number of years has given them special attention, is worthy of all consideration:

CURABILITY OF PHTHISIS.—M. Fournet alludes to his having met with, in the course of one year, no fewer than 14 cases of confirmed phthisis that were cured; besides 10 other cases, in which dissection revealed the traces of caverns that had become perfectly healed.

He goes on to remark, that “these 14 cases of phthisis cured in the living subject, have proved to me—

“1. That certain persons who have exhibited the most decided symptoms of the disease, in its most advanced stage, may yet be restored to excellent health.

“3. That even hereditary phthisis, in its most advanced stage, is susceptible of cure; although such an occurrence is certainly much more rare than in cases of the accidental disease.

“5. The capital fact which seems to spring from these inquiries is, that tuberculous disease is not, like cancer, essentially incurable; on the contrary, that it is often curable, and that its extreme and most disheartening fatality is referable rather to the circumstances of its being seated in one of the vital organs of the system, and to its tendency to frequent relapses, than to its primary and essential nature.”

Dr. James Johnson, physician to King William IV. of England, quotes, in No. 82, of the *Medico Chirurgical Review*, from *Bulletin de Therapeutique*, the following decided language in reference to Consumption—“by such means, we may reasonably hope to arrest the evil in not a few cases, which if improperly treated, will hurry on to a fatal termination.”

The *Bulletin of Medicine*, published in Philadelphia, by Dr. Bell, Professor in the Philadelphia Medical School, says, “Dr. Stokes speaks more especially of the curableness and cure of Consumption, in its earliest stages. Andrel, Carswell, Williams, Morton and Rogee, assert, *on evidence*, its curableness and cure, *in the most advanced stages*. Dr. Rogee’s essay, contains the result of observations made in a careful examination of more than two hundred subjects, in which the removal of tubercle by absorption, or cicatrices of pulmonary tissue, or the substitution of cretaceous or calcareous concretions for open tubercles, were manifest. ¶ The most eminent pathologists of the PRESENT DAY concur in the opinion, that PULMONARY CONSUMPTION is most certainly curable even in the LAST and WORST stages of the disease!!! ¶

Since the preceding pages were sent to the printer, I have derived sincere satisfaction in meeting with the strongest confirmation of some of the more important sentiments advanced. The following are quotations from a late number of the *London Lancet*, a “Journal which has long been celebrated as the most valuable periodical for medical practitioners ever published, while an uninterrupted existence of more than twenty years, has long produced for it a most elevated standard and character.”

The editor, Mr. Wakely, a member of the British Parliament, says in relation to Consumption, "WE HAVE NEVER HAD A DOUBT OF ITS CURABILITY. In a former volume, this important question was considered, and the experience which we have since had, fully confirms the truth then expressed, that "Physical diagnosis and pathological research show us that recovery takes place in many cases of true tubercular deposit in the lungs. One fact is worth a cart load of opinions. What then must be the value of the hundreds of accumulated facts which support this view? Thus M. Boudet states, that in the post mortem examination of forty-five subjects, between three and fifteen years old, he had observed the cure of Consumption in twelve cases.

In one hundred and sixteen individuals, aged between fifteen and seventy-six years, tubercles in the lungs or bronchial glands had become innocuous in ninety-seven cases, and had wholly disappeared in sixty-one.

In one hundred and ninety-seven autopsies, promiscuously taken, he found ten instances in which, at least, one cavern completely cicatrized, existed in the lung; and in eight cases one or more cavities were found in different stages of cicatrization.

There can be, therefore, no question as to the curability of Consumption!!"

The belief in the curability of phthisis is gaining ground every day, on both sides of the Atlantic, because the facts presented are absolutely incontrovertible; no sane man, (I mean medical man,) can resist them, who will acquaint himself with them. And I have great hopes, that, in a few years, a disease which now destroys one in six of the inhabitants of New York, Philadelphia, Boston, Baltimore, Washington, and of other large cities, and perhaps not a less proportion in the country, will be as often and as perfectly cured, as bilious fever. It is true, that the mode and means of cure may be various in different hands, just as in any other disease; fever and ague,

for example, is cured by different remedies, but the principles of cure must be forever the same.

The populace generally, many common physicians, and even a few educated ones, believe it incurable. There are, however, many great names bearing unequivocal testimony that it can be perfectly cured, even in its last stages, by healing with a scar, just as a gaping cut finger will heal in a healthy person, if you press the sides together. That such scars are found in the lungs, and Consumption cured, the following testimonies are offered. Not the assertions of men, who have never examined the lungs in a dozen dead bodies, but of those who have examined many thousands, and have a right to know and be relied on.

I found an encased cavity, on an almost healthy lung tissue.

LOUIS.

That a tubercular excavation is ever capable of a cure, is an important fact; and it is so, independently of all medical aid.

COWAN.

That this most formidable disease can be permanently cured, is no longer a matter of doubt.

S. W. HALL, M. D., of *New York City*.

“It is next to impossible to open a dozen bodies, without meeting with positive proof of the curability of Consumption,”—in the presence of cicatrices, scars, in the lungs.

DR. RAMADGE, of *London*.

DR. CLARKE, of England, who wrote a book to prove that Consumption could not be cured, admits that “cavities in the lungs may remain a long while stationary, gradually contract, and become obliterated!”

DR. LATHAM, another English physician of distinction, who also endeavored to prove the same point, distinctly says, “we occasionally find traces of cavities, which have healed, in persons who have died of Consumption.”

The important fact of the curability of Consumption, has been satisfactorily established, and its *perfect cure demonstrated*.—*Cyc. Prac. Med.*

A French physician, who died a few years ago, and is believed to have taught the world more that was new on the subject of this same disease, than any one man who had ever lived before him, and who spent many years among consumptive patients, inquiring into their symptoms, and feelings when alive; and examining the lungs of those who died, writes in this manner, "When I first asserted the evidence of pulmonary cicatrices, it directed the attention of the hospital physicians to the subject, and so many of these evidences existed, they concluded it could not be that, but was something else!" An ulcer in the lungs may be cured in two ways, by a scar, or by turning it into a fistula; these scars and fistulas in the lungs, are extremely common; and considering the great number of consumptive, and other subjects, in whom they are found, the cure of Consumption ought not to be considered impossible; for cavities in the lungs may be completely obliterated. It has been shown that its cure is not beyond the power of nature, it is possible for nature to cure it.—LAENNEC.

Heat is generated in proportion to the size and vigor of the lungs. Many persons with imperfectly developed lungs and a predisposition to Consumption, complain habitually of a coldness of the surface and feet. And many who were in previously good health, become more and more sensible to cold, in proportion as the approach of the disease, weakens the functions of the lungs. I have noticed this, both in myself and others, before any other evident symptom had appeared. And I have seen its further progress arrested, by a timely use of the proper means, where much greater difficulty would have been experienced, had the warning not been attended to.—DR. COMBE, of Scotland.

Marshal Hall says, Obs. 2316, "The usual appearances of a cavity in phthisis and of the subsequent cicatrix," &c., and then proceeds to give engravings to show how they look. "The utmost resources of our art often avail us nothing. But scars are seen in the lungs, establishing the fact that a tuberculous cavity heals, after the matter is expectorated, and I

will tell you how to remove the tuberculous matter by absorption and prevent its formation.”—DR. WEATHERHEAD.

Tuberculous cavities are healed in three ways.—DR. HOPE.

Dr. Weatherhead, one of the most honored of the London Faculty, writes, “With the superior advantages of treating Consumption on this plan, I was early impressed, from observing *more recoveries* under it, while employed during the late war at Hasler, one of the largest hospitals in England. And more lately, Dr. Giovanni di Vittis, physician of the Military Hospital at Capua, bears similar testimony to its efficacy in the Medical Annals of 1832, where he states that “between the 1st of May, 1828 and the 28th of January, 1832, forty-seven patients affected with Consumption in the first stage; one hundred and two in the second; and twenty-seven in the third or last stage, had left the Hospital PERFECTLY CURED!”

It is recorded in the “Transactions of the Path, &c., of Philadelphia,” which society is composed of the most distinguished medical professors and physicians of that city, that Dr. Parish, who during his life was the ornament and the honor of his profession, was at the age of twenty-five years, attacked with Consumption in its hereditary form; having lost a brother and sister by that complaint. His most annoying symptom was a severe and lasting cough. He finally died in his sixty-first year, thirty-six years after his attack of Consumption. His body was examined by eight physicians of standing, among whom were several professors, who reported that “there was no recent tubercular granulations or deposits, but there were numerous cicatrices, depressions, puckerings, &c., proving that his apprehensions in early life were well founded, and giving the strongest evidence of the efficacy of his prophylectic measures.” Here is a case of Consumption arrested in its progress, and effectually and permanently cured; the patient at the end of a third of a century, dying after a three weeks illness of a complication of ailments, not specially referable to the lungs at all, as the seat of tubercular disease; a case of Consumption cured, known to every respectable medical man in Philadel-

phia; known too by evidence which no medical man can resist, for it is a demonstration!

Dr. Carswell is one of the most eminent British physicians living: he is referred to by medical writers both in Europe and America, and is considered as the highest authority in lung affections, because he has for many years made tubercular disease a special study, and few men stand higher in the profession than he does. In writing an article on the general subject for the *Cyclopædia of Practical Medicine*, one of the most extensive and useful medical publications of modern times, every article being written by men of established reputation, a book designed to be a standard work, and to be placed, as it deserves to be, on the shelf of every respectable physician in America and Europe, for daily reference; especially in this country, being adapted to the wants of the American practitioner, by Dr. Dunglison, himself perhaps the most popular medical writer in the United States—in a work of such a high character Dr. C. says:

“We shall confine ourselves to a statement of those facts, more especially those of an anatomical character, which demonstrate the favorable termination or cure of tubercular disease. The cure of the disease is indicated, First, by the cessation of those symptoms which are peculiar to it; or the restoration of those modifications of function, to which its existence gives rise. Second, by the disappearance of the local cause of the disease, or by the presence of certain lesions, which are known to follow, as the consequence of such local cause, and no other. Such indications of the cure of tuberculous disease have been observed, even in those organs, the lungs, in which this disease was long considered and still is by most (?) medical men, to prove inevitably fatal. Traces of cure have frequently been observed in the lungs of persons whose history left no doubt as to their having, at some former period of their lives, been affected with Consumption. The important fact of the curability of this disease, has, in our opinion, been satisfactorily established by Laennec. All the

physical signs of tubercular phthisis have been present, even those which indicate the existence of an excavation, yet the disease has terminated favorably, and its perfect cure has been demonstrated."

Dr. C. here means to say to the common reader, "That Consumption can be perfectly cured, even after a part of the lungs have rotted away, is as plain to my mind as that two and two make four!"

In another part of the same article, he enumerates certain visible signs of the perfect cure of Consumption. and says of them, "There must be few practical pathologists, who will not consider these anatomical facts as evidence that Consumption is curable. No objection has been brought forward, calculated in the slightest degree, to invalidate the conclusion that they are positive indices of the removal of the material element of the disease, *even at an advanced period* of its progress. We cannot avoid repeating the fact, that pathological anatomy has perhaps never afforded more conclusive evidence in proof of the curability of a disease than it has in that of Consumption!"

Laennec, whose knowledge of the lungs, their diseases, &c, was more extensive than that of any half dozen physicians of modern times, and perhaps all of them together, up to his day, was so entirely convinced that the cure of Consumption was of frequent occurrence, he says: "*I think it is more than probable that hardly any person is carried off by a first attack of Consumption!*"

To the above, I may add the testimony of Sir James Clark, whose reputation is such, that he was employed to write the article on phthisis for the Encyclopædia, as being, from his extensive experience and great learning, the most competent person in England to perform the duty in a manner worthy of the high character of the work. It is the more valuable, as Sir James is rather averse to considering the disease curable, except in its forming stages, even he acknowledges it is practicable—"to prevent tuberculous disease if it has not already shown itself, or to check its progress, if it has already taken

place, as there are many instances where the further progress of the disease may be stayed. I am acquainted with some striking examples of persons now living, a considerable portion of whose lungs is incapable of performing its functions, and yet with care, they enjoy a reasonable share of health. Under such circumstances, lives may be preserved that are of vast importance to their families and to society. Indeed we are satisfied that there are far more individuals in this state than is generally believed; and it is well known, that tubercles are frequently found after death, in the lungs of persons, in whom their existence had not been even suspected. We have already stated our conviction, that the great cause of our want of success in the cure of tubercular disease, arises from the advanced stage at which its real nature is discovered, and from the late period at which the physician is consulted. If Laennec's opinion be true, that few die of a first attack of Consumption, we have still more reason to hope that the disease may be cured, that is, that a second attack may be prevented, by preventing a relapse into his former state."

After having prepared the above for the printer, I found an interesting article in the third volume Nov. of the N. Y. Jour. of Med. and Col. Sciences, by Dr. Forry. It is a short review of a treatise on pathological anatomy by Carl Rokitanski, Anatomical Professor in the University of Vienna, 1844. Of this work, Dr. Forry himself gives the following high praise, "We prize it as an acquisition to our medical literature; and will say without hesitation, that as a work on pure pathological anatomy, it has not been surpassed by any that has yet appeared! And we will conclude this notice, by quoting the remarks on '*The curative processes in tubercles of the lungs,*' as one of the best portions of the book, and as illustrating the admirable manner in which the author unites clearness of description, with conciseness, the best internal evidence of accurate original observation."

Professor R. observes—"Tubercular pulmonary Consumption is doubtless curable, as may be inferred from not unfre-

quent appearances in the dead bodies of those who formerly had more or less suspicious affections of the chest, from which they recovered. We can only expect to arrive at a truly rational and certain method of treatment, by an investigation of the circumstances under which such spontaneous cures have taken place; and the consequences of such treatment will be the more beneficial, as it will be directed not merely against the abscesses in the lungs, but against the tuberculous dyscrasia also. Pulmonary Consumption and tuberculous abscesses may be cured after the general disease, and hence that process which lies at the foundation of its local effects, viz: the tubercles and abscesses, has been eradicated. Under such conditions it has been proven, by numerous incontrovertible facts, that tuberculous abscesses may heal, and in fact in several different ways."

First. Reactive inflammation, deposits a gelatinous infiltration, which obliterates the air cells, converting the adjacent parenchyma into a dense, fibro-cellular tissue of varying thickness, lining the whole tuberculous abscess, which secretes through life, a serous, sticky, synovial fluid.

Second. If the abscess be not too large, it may close by a gradual approximation of its walls, which finally touch and unite with one another. We then find a cellulo-fibrous stripe (a white scar) in the place of the former cavern; the bronchii terminate in it, in a cul-de-sac. *The approximation and agglutination of the walls of the abscess may be essentially aided by various occurrences*, among which belong the sinking in of the walls of the chest; the compression of the lungs by the diaphragm; by the enlargement of the abdomen, or some of its organs; the emphysematous dilatation of the parenchyma adjacent to the abscess; bronchial dilatation, &c. If the curative process sets in, and proceeds very rapidly, the cicatrix may enclose chalky concretions of various sizes.

Third. The abscess may be filled with a mass of fibro-cartilaginous tissue, in which case, only a slight contraction of the lungs and breast ensues."

Here is testimony of the highest kind; stronger, and more competent cannot be given; and what is more, its truth is endorsed by one of the best medical journals published in this country. And the amount of this testimony, in more familiar language, is simply this, that "after a part of the lungs are lost, if it be but a small cavity, it may be perfectly healed by bringing the sides together, only leaving a long, whitish, fine scar, just such an one as is left from the healing of a gash on the finger, or on any other part of the body: but if a larger amount of lungs are gone, so much so, that the sides of the cavity cannot be made to meet, these sides are lined with a material of nature's own manufacture, which prevents the progress of the decay." And this is precisely the principle advanced by me, in the first publication I ever made on the subject, and which appeared in print long before the publication of Professor Rokitanski's work.

So far then from its being true that Consumption cannot be cured, it is here proved that it is effectually cured, even in its last stages; that is, after the tubercles have softened down, and a portion of the lungs have decayed away—and not only so, I go further, and say, and it is a saying which I wish to be impressed on the mind of every reader, that not only can Consumption be cured in its last stages, but it often cures itself; that is, accidental circumstances arise, which effect a perfect cure, without the aid of a physician, or without the use of any artificial remedial means whatever; and what are these accidental circumstances? They are two; the first is any change of life or pursuit, which has the effect to improve the general health, and the second is, the compression of the lungs by the accidental development and enlargement of some of the abdominal viscera. Upon no other principles have I ever attempted a cure of Consumption. My practice has always been to control present symptoms; to elevate the standard of general health; and to secure the approximation of the sides of the cavity; and no case of Consumption ever has been cured, or ever can be, in which these things are not affected;

they may be, and doubtless are, effected in various ways, but unless it is done, a cure is utterly impossible; just as a gash on the finger will never heal with a lined scar, unless the general health is good, and unless the sides are kept together; both these conditions are indispensable, and each is equally so.

With such testimonies as these, I do say, that any medical man who asserts that Consumption cannot be cured, is either wholly ignorant of the subject, or is deficient in intellect.

Some one may here inquire, if the world over, so many distinguished physicians, say that Consumption is cured, cured too, even in its last stages; and more! that it is frequently spontaneously done! Why is it that persons who have the disease, so steadily decline, and die in the hands of physicians, who in other diseases are truly skilful? I have answered this question in another place—but give an additional answer here; an answer which will, perhaps, come home to every invalid with a whelming consciousness of its truth! A person in Consumption needs strength; so much so, that in numerous instances, the only thing thought worthy of being complained of, is a want of strength. The uniform practice among medical men is to begin with giving medicine; they never think of doing any thing without this; this medicine, whether in pill, or drug, or syrup, weakens more, or only smothers the cough, without removing the cause of it; they then plaster and blister and seaton and issue the patient, until, in some cases, they have come to me a mass of scars, these weaken the patient still more, and of course he sinks from day to day, until the clods of the valley cover him deep in the bosom of his mother earth!!

In short, scores and hundreds of names of physicians, more or less distinguished, could be given, whose opinions are, that “Consumption can be prevented, arrested indefinitely, and perfectly and permanently cured.”

So far then from my being alone, in supposing Consumption curable, I am joined in that opinion by hundreds of the most distinguished medical men of modern times.

Louis, Laennec, Ramadge, Marshall Hall, Stokes, Combe, Corrigan, Copeland, Clark, Mudge, McIntosh, Beddoes, Rush, Bennet, Crichton, Cruvenheiler, Williams, E. J. Cox, Hope, Burton, Ryan, Scudamore, this last, a gentleman and a scholar, an honor to the medical profession, whose reputation and success have extended to both sides of the Atlantic.

These, and a host of others, alike eminent for their learning and honored for their talents and their devotion to the pursuits and studies of their profession, and whose writings have so much tended to enlighten the age they live in—these, I say, are the men, in whose company I am found, in advocating the curable nature of common Consumption of the lungs. And in attempting to do, what so many great names say can be done, and is done constantly, I think I do an infinitely higher good to society, even if I but mitigate the sufferings of the doomed, and keep them at home among their kindred, than men of lesser note than those above, whose names will scarcely in a life time travel a dozen miles from their office door, whose theory is “Consumption can’t be cured, and it’s no use to try,” and whose practice is the stereotype recipe of the last hundred years, “go to a milder climate.”

But when it is apparent from the cases which I have given, that I am not only able to relieve, but to effect a perfect cure, and give years of pleasurable existence to many who had given up every hope of life, I think I may claim as a right—the encouragement, the countenance, and the well wishes of every friend of humanity.

It is an easy matter to say of a poor invalid, “He has Consumption,” and then let him alone to die, as a matter of course; or to get rid of him more effectually, deprive him of the last little drop of earthly joy—the home of his childhood, the presence of his family, his kindred, and of his own house, with all its comforts and conveniences, by directing him, as the only chance left, to “go to the south.” But while this is a part easily to be performed, I consider it an ignorant, an infatuated, and an inhuman practice; and in view of the mis-

takes made, as named on page ninety-eight, I consider it brutal and murderous. I speak thus strongly, because of the language of the dying stranger, in that "southern clime," often uttered in tones so pitiful and hopeless, "I would not mind death, if I were only at home," or, if of a less gentle heart,—curses deep and bitter, have been hissed through grated teeth on the ignorance or heartlessness of the man, who had advised one, on the very verge of the grave, to drag in pain, the wreck of a body, for a thousand weary miles or more, only at the end of it, to lay down and die, in the desolation of some country tavern or boarding house chamber.

Although I have produced such an array of distinguished names, advocating in so decided a manner, the curability of Consumption, and notwithstanding the tendencies of the age, to favor whatever is designed to benefit humanity, and despite, too, of our national boast of freedom of opinion, there is full reason in the United States, for the utterance of a sentiment designed for British ears. Dr. Williams, physician to the University College Hospital, London, observes in the *Medical Times*, No. 230, "Many persons are set down as quacks, if they utter the words 'cure of Consumption,' and if a case does recover, it is said that it is not Consumption." I will, however, leave it to the candor of the reader to decide, which savors most of quackery, to spend months and months and weary years, in investigating and endeavoring to understand more thoroughly, and treat more effectually a disease which hurries to a premature grave, one out of every six in civilized society, or to say to the poor sufferer, you can't be cured, and it is best to let nature take her course, sitting down and doing nothing, quieting conscience in the mean time, by repeating to it mentally, "It is labor lost to attempt an impossibility."

Without prescribing impossible things, or holding out impossible hopes, or sending them from home, or rudely and without sympathy, consigning them to inevitable death.

My practice is this:—When a man comes to me and says, or sends word, "I am afraid that I have Consumption; my friends

tell me so; all my physicians say that my lungs are affected, and they can do me no good; they have been practising on me for years, and now I am sinking every day; I cannot sit up an hour at a time; and here is my young wife and little babe to be thrown upon the world without money and without a friend! What shall I do?" Just such a case occurred to me near two years ago. I did what I could, and the man now lives a public officer, weighing some hundred and fifty or two hundred pounds, and a subsequent and severe attack of small pox, has not been able to kill him off!

Another: "Doctor, I have brought you my child, all the one I have in the world; his father is dead; we are very poor; all that I had has been paid away for medicines, and the doctors now tell me that they do not know what is the matter with him, and can do him no good. I see he is sinking every day; I am old, and he is my only dependance; he is as kind a child to his poor old mother as ever lived; can't you do something to save him?" I examined and prescribed for him, and saw him but that once. Passing by that way a year afterwards, on inquiry, I found that my directions had been closely followed, and he was entirely well in every respect.

An old man and rich, was supposed by himself and friends to be in a dying condition from an affection of the lungs, and hearing that I practised in diseases of that kind exclusively, consulted me. Twelve months afterwards he called to tell me that he had not had better health for ten years, had no symptoms of his former disease, and had cleared within the year, some ten thousand dollars, by his own active personal exertion.

Now all these cases occurred within a few weeks of each other; suppose they re-occur in a year's practice, do I not do well to continue the same. I only save those whom others have adjudged to inevitable death. I think I do well if I save only three in a thousand; but I frequently have several such cases to occur in a single week; that is, they come to me

abandoned to death by their physicians, remain with me a while, and years after are living and doing well.

NEW CASES OF PERFECT CURE.

Having given already a number of cases which came under my treatment several years ago, which were cured and are enjoying good health, as far as I know, to this day, I will now give a few others, of a later date, to show that my system of treatment was not a momentary bubble, begotten in an hour, and in an hour passed away; but that it remains efficacious as ever, giving relief and life and health, wherever it is applied in a proper and timely manner.

CASE A.—Several years ago, Miss M., of P., called upon me for advice, on the recommendation of a gentleman of her acquaintance, a merchant of that city, who himself had been successfully treated by me, and who is still living, one of the heartiest and healthiest men in Cincinnati. A wide and devoted circle of friends had for a long time given her up as a doomed one. She herself had become alarmed, and hence her application to me. She was about eighteen years of age, of an elegant figure, and well proportioned; long, dark hair, and black eyes: her cheeks were thin and pale, except an unnatural redness in the centre; her lips were colorless, and her features sharp. She complained of wandering pains through the breast, and about the shoulders, sleep restless and broken, general chilliness, chills running along the back, great irregularity of the bowels, there had been for six years a tolerably constant feeling of soreness between the shoulders; hands and feet at one time deathly cold, at another, seemed to be burning up with heat; she had a constant troublesome cough, with a hard, tough expectoration; she had for a long time been spitting blood, at various intervals, and in amount as various. Several near relatives, both on the father and mother's side, had died of Consumption. These symptoms had been gather-

ing strength for six years—they commenced with pain in the side, occasioned by being overheated. I undertook her case, under rather discouraging circumstances; and in due season dismissed her, as not requiring farther attention.

At this present writing, she continues to enjoy good health. I occasionally meet her in the streets of this city, and from the cheerful expression of her countenance, as well as the elegant lightness and activity of her movements, one would not suppose that she had ever been an invalid.

CASE B. 143.—On the 23d of April, T. H., a farmer, from Fort Jackson, applied to me under the following circumstances: Age 33, height five feet eight inches, originally of a stout frame, pulse varying from 80 to 90 a minute, complained of an oppression in the breast, a kind of drawing feeling about the nipples, breast feels hot every day from 10 A. M. When he rides on horseback, feels such a drawing, and weakness and giving way in the breast, as to be obliged to lean forward, and cross the arms on the chest for support, feels as if the lungs would fall down, cough had been very troublesome, drinking cold water would bring on violent paroxysms, had had several attacks of spitting of blood, the cough had appeared four years ago, on the subsidence of fever and ague; difficulty on lying on the left side, had also been troubled with sore throat, and for this, as also his cough, had taken every remedy he could think of, the least exposure to the weather invariably produced an aggravation of all the symptoms, and in despair, he had abandoned all hope of ever being restored to health, and made up his mind to die in a very short time.

I gave him such remedies and written directions as I thought he would need, and he returned home in two or three days. I find in my note book that

“On the 23d of April, just one year afterward, to-day, the above patient called to see me, a hearty, hale man, full of robust strength, appetite good, sleep profound, bowels regular, no pain or sickness or soreness any where, can do a hard days

work in a rice field, wading in water for hours at a time, and experiences no inconvenience whatever, his breast entirely strong, can ride twenty miles a day, in a gallop, without the slightest inconvenience to his breast, his cough and spitting of blood have entirely disappeared. And thus he continues, to this day.

CASE C.—J. D. E., Esq., a distinguished artist from a southern city, aged 37, spare frame, nervous temperament; from an increase in the virulence of the symptoms of his disease of late, is very greatly depressed, a white, dry tongue, has been subject to violent nervous headache; a good deal of pain along the breast bone, together with an indescribable feeling there, pain in the side, running from the edge of the lower ribs up to the collar bone; although in June, he is subject to great general chilliness, sleep unrefreshing, great nervousness, sore throat, coughs a good deal during the day, coughs when he lies down has a spell of coughing about twenty minutes during the night, and coughs when he gets up, has been expectorating a yellow matter for four weeks, has fallen off, and is apprehensive of a speedy and fatal termination of the disease.

I provided him with suitable remedies, and sent him immediately home, where fortunately, he had an excellent, amiable, and accomplished wife to take care of him. I gave him such encouragement as I thought his symptoms authorised me to do; and waited the result with some solicitude, not only on his own account, and that of an interesting family, but because he was a valuable member of society. In about six months he writes me,

N—, December, 1845.

“MY DEAR SIR—It is quite a long time since I have written to you, but I cannot allow the year to close, without addressing you once more. I continue to feel very much improved. I have for some time had nearly, if not quite, my usual strength. and but for a little soreness, or tender feeling, about the chest, I should feel entirely well; and this soreness, I only feel some-

times, when stretching or twisting myself suddenly; and I have *no dry cough*. I have no more inflammation of the throat, my pulse is natural, appetite, if any thing, too good, and am perfectly regular in my bowels. I will be extremely happy, to hear from you often, for I shall always take a lively interest in your welfare, and feel ever grateful to you, as the means, in the hand of God, of restoring to me that inestimable blessing—HEALTH.

Mrs. —, desires me to present to you her sincere regard; while I remain, as ever, truly your friend.”

CASE D. 93.—A tall, slim, raw boned, young farmer, six feet high, aged nineteen; pulse 122, bad taste in the mouth every day, subject to bad headache, followed by stupor, a constant heaviness along the breast bone, impossible to draw a long breath, pains in both sides, very easily chilled, great trembling in the hands sometimes, variable appetite, bowels constantly irregular, and have been so for a long time, sleep not good, easily awakened, difficulty of breathing, sometimes the cough is very troublesome, expectorates a thick, tough phlegm, white and frothy and dry, can scarcely get it up, most distressing palpitation of the heart, comes on without apparent cause, and lasts nearly a whole day, keeps him constantly weak, and is produced by very slight exertion, this distressing palpitation gives more inconvenience than any thing else.

I am glad to say that this young man was cured and remains well, as I learned a few days since by letter from a brother of his, a merchant in the city of P——, who himself had been a patient of mine several years ago.

P——, August 5, 1846.

Dr. HALL—DEAR SIR—I am well at present, and have been in the enjoyment of good health. My brother O—— is also well. My chief object in writing you now is on account of one of my younger brothers, who think himself the subject of Consumption, and desires you to prescribe for him.

CASE E. 137.—J. P., of N. O.—A lawyer, aged 26, tall,

blue eyes, a nervous temperament, pulse from 94 to 100, a white, dry tongue, pains between the shoulders, an oppressive weight on the breast, more so when lying down, pains in the right side, cannot lie on the left side without coughing, pain in the lower part of the breast in attempting to draw a full breath, occasional pains through the breast, chills run along the back, great general chilliness, has headache and fever every afternoon, palms of the hands burn, especially the right-hand, the heat running along the fingers, sleep is interrupted and unrefreshing, cough is very violent, dry at first, then throws up freely a dirty matter, coughs when he goes to bed, coughs afterwards, wakes up in the night and coughs, brings up in the course of the twenty-four hours, several tablespoons of a dirty, yellow matter, has spit blood for two years past at different times, and during the same time has been troubled very much with palpitation of the heart, so much so at this time, that he cannot lie on the left side without producing it, great weakness, had fallen off considerably; these symptoms had been gathering strength for two years, was taken with influenza, sore throat, cough, and then spitting of blood, followed by great weakness of the chest; his face was pale, his countenance depressed, his gait slow and stooping; his friends had long since given him up as hopelessly gone.

In a year and five days afterwards, this gentleman, having observed my directions in the mean time, presented himself at my office, under the following circumstances. Every pain had left him; all chilliness (a symptom in this disease always indicating a low vital power) had disappeared; could lie on either side with equal ease; sleep sound; bowels regular; palpitation disappeared; no spitting of blood or yellow matter; not the slightest oppression, or feeling of heaviness in the breast, in any position; appetite good, bowels regular; pulse at his natural standard; and weighing one hundred and sixty pounds; more than he had ever weighed before in his life. He called to express his gratitude for the benefit he had derived from my system of treatment.

CASE F.—60. On the 13th of February, 1844, W. S. of L., Ky., an engineer, aged 30, requested my treatment, under the following symptoms. Tall; thin; red hair; stooping; pulse one hundred; a uniform and very bad taste in the mouth of mornings; an occasional pain between the shoulders; with a soreness there all the time; pains along the breast bone, and in the side; chilly all over; breast feels cold and chilly; cold feet; bad appetite; scarcely any sleep, restless, unrefreshing, and broken; cough brings up a dark watery substance; has had constant night sweats, causing him to feel “wretched” every morning; frequent and sudden attacks of palpitation of the heart, and a great deal of it; within the last two or three months, has fallen away twenty-nine pounds; great nervousness; the least noise causes him to startle; pain about the heart; has very severe pains under the left ribs; a kind of itching seems to be inside of his breast; great pains in the bones in wet weather; blisters on the tongue.

I could not express any confidence in my ability to cure this case; this alarmed his relatives very much; his sister called on me to know if there was any possible hope; she feared he could live but a few days. I suggested to her that there was nothing like trying, and that there were one or two favoring circumstances. They sat about observing my directions with great diligence, not omitting the slightest of them.

On the 21st of January, 1846, I met this gentleman at the St. Charles Hotel, but so changed in his personal appearance, that I did not recognize him. He smiled and offered me his hand, telling me his name at the same time. He called on me in a day or two, to say that he was well, entirely well, and had been for some months. That he owed me his life; and moreover, that he was perfectly happy, inasmuch as he had some months ago obtained a pretty young wife, and in a few weeks more—and so forth; and so forth——

CASE G.—160. On the 23d of June, 1845, there appeared in my office, a tall, slim, black haired forlorn looking young man,

in seedy apparel. He said that he was sick, friendless, among strangers, and without money even to pay for any medicines which he might need. He was aged twenty-four; by profession a teacher, having been principal in an academy in an eastern city, but was compelled to relinquish a profitable and honorable situation, on account of distressing symptoms of disease, and which were constantly getting worse: the most prominent of these were a pulse of one hundred, and feeble; a dry yellow tongue; at times, a very severe head ache; occasional pains between the shoulders; but a great deal more than any thing else was, a drawing and binding pain in the breast; considerable pains at times in the side, occasionally under the ribs, and wandering through the breast; very chilly, and exceedingly susceptible to cold; feet and hands sometimes cold, and sometimes burning; restless sleep; coughs a good deal of mornings and on lying down; has a frequent rattling noise in the lungs, nearly always; every twenty-four hours spits up several tablespoons of a thick yellowish matter; occasional bleeding of the lungs, spit up a dozen mouthfuls three weeks ago; what most troubles him, is soreness in the lungs; cough and weakness; these symptoms had appeared three years before, in the form of dyspeptia, brought on by severe study, want of exercise, and overeating.

I invited him to call again next morning, as his case required consideration; but he did not come. On a subsequent Sunday I saw him coming from church, and thinking that his want of means prevented his calling again, and feeling satisfied that a fatal disease was fastening itself upon him, and that under his present circumstances, a few weeks would place him beyond human aid, I told him to call at my office next morning, with a view of undertaking his case, and waiting for remuneration until he got well, and could get into business and make the amount of my bill. I wished to save him, because he was a good scholar, of steady habits, and might be a benefit to society, as I considered the teacher, the minister, and the mother, to be society's highest hope, its only saviors. I was willing to

trust him, because he was willing to do any thing that would yield him even a small, if honorable profit; and my experience through rather an eventful life, has been, that a young man, destitute and among strangers, willing to engage in any lawful calling for small wages at first, and who will find his way to church on Sunday, may not only be trusted safely, but if he have health, will uniformly be successful in life. He came. I gave him such written directions as I supposed he needed; and took upon me to advise him to accept the very first job that was offered, even if it did not quite clear expenses, assuring him, that if he was of any account, and attended to his business, his employer, whoever and whatever he might be, would soon find it out, and would appreciate his services more properly; and that in reasonable time, he would gradually rise to his accustomed position in society, and eventually would "go up higher." He did get a job the next day. It was painfully laborious. It was not an occupation which was calculated to aid in the restoration of his health, but rather prevented it. I endeavored, however, to adapt my directions to his case, as far as practicable. At the end of the first week he had cleared a dollar and a half. But being incessantly engaged from early morning until dark, he was so entirely worn out, as to feel compelled to give up his place. I encouraged him, however, to think, that as he became accustomed to his new occupation, it would become easier for him, especially if his health improved—which was the case.

A few days ago, about fourteen months having intervened, he called at my office, saying that he enjoyed good health, had no occasion for medicine of any description, had been elected a professor in a chartered institution, of extensive repute and popularity, and that he had for some time been discharging the duties of his office, and as far as he knew acceptably, with a salary of six hundred dollars a year, and a prospect of its being increased to eight hundred or a thousand.

I will now proceed to give a few cases, which to many, will be of more than ordinary interest, from the fact that I pre-

scribed for them, without ever having seen them. It will also perhaps be more satisfactory, if I let them describe their own cases, and give their own testimony as to the benefit they have derived from my treatment.

NEW YORK, January 13, 1846.

DEAR SIR—Your publication has been placed in my hands by one of our best physicians, and recommending me to write to you, as I am an invalid laboring under Consumption of the lungs, and have had it five years and more, and if you can do what you say you can do, in your book, you can cure me. The most of our physicians abandoned me to die, four or five years ago. I was taken sick in the summer of 1841, with a severe cold and violent cough, followed by an attack of bilious fever, and inflammation of the lungs. During that time, I had any quantity of physicians to attend me, and have had to this day. In the fall of '41 I began to bleed at the lungs profusely, red blood, sometimes black and in clots, this continued at intervals for five days, when it stopped, leaving me very weak, in fact I had lost all my strength. During this five days, I was bled at the arm three times, using also salt, sugar of lead, and laudanum. Then I was told by my physicians that I must live in a warm room all winter, at a temperature of sixty-five or seventy degrees. So I did. During the winter I had a spiteful cough, and so it remains until this day. During that winter, I had pains all through my breast, sides, back, and shoulders, and was bled for them fourteen times, and my sides, shoulders and stomach literally skinned with blisters and eating plasters; took calomel and emetics, digitalis, and many other medicines. In May following, my cough continued as usual, bringing up a sort of thick, yellow stuff, sometimes on the greenish order, streaked with blood. This continued until September, when I was advised to arrange my business and go to Florida to winter. I began to do so; and while taking an inventory of my goods, was attacked with bleeding at the lungs again; when I made up my mind to stay at home and

die. For two weeks I was confined to my house, at the end of that time, I was able to go out, and continued to go out every day during the winter, and was quite comfortable for three years, all this time, however, having wandering pains about my breast, cough continued spiteful, but during these three years the spitting of blood did not return. But on the 3d of January, 1845, I had a severe attack of bleeding, which lasted five days, and since that, I have never felt as well as I did before, but have remained a poor invalid up to the present time, not being able to attend to any kind of business, but usually ride four miles a day, except the Sabbath; and now, this 13th January, 1846, I am about to tell you how I am afflicted at present. I am 41 years old, best weight 135 lbs., and have been a dry goods merchant for twenty years. My grandparents are living, at the age of 87; none of my connections have died of Consumption. I have a sort of crackling or wheezing at the top of my lungs, or in my throat, and most of the time, a tickling also. When I take a long breath, my lungs feel as if they were encased in a bag. When I cough, there is a soreness or tightness immediately under the breast bone. When I have any pain, it is mostly on the left side. When I take a long breath, it most generally sets me to coughing; I raise, I think, daily, two tablespoons of just such stuff as a person does after the breaking of a bad cold. I cant walk up stairs twelve steps without getting out of breath. I am so very short breathed, that walking fifty yards, as fast as persons usually, would suffocate me. I should have to tear off my cravat, open my shirt collar, and stand with my mouth wide open, to catch my breath. I cannot lie on my left side without coughing incessantly; but can lie on my right side or back, very comfortably.

When I first go to bed I cough considerably for half an hour, then sleep until midnight, when I wake up with a tickling in my throat, causing a dry cough for fifteen or twenty minutes, and then commence raising, and when my lungs are thoroughly cleared out, I go to sleep again until six o'clock in the morn-

ing, then go through the same course of coughing, get up about seven, then cough half an hour, clear my lungs all out again, then eat breakfast. Nearly half the time I am troubled with a sort of sickness at the stomach, and frequently gag. During the summer past, my bowels were very loose with a sort of weakness and unpleasant feeling about my stomach and bowels, which no one can describe. Pulse in the morning when I stand up, 120. During my sickness, I had at one time a small lump come on my neck; it was one year growing, and when it became as large as a butter-nut, it inflamed, and was very sore; on cutting it open, nothing but blood came out, by poulticing two weeks, commenced running, discharged a teaspoonful every morning, and run six months before healing up. Soon afterwards, another came behind my ear, which continued to run six months, and when it healed I became deaf in my right ear, which began to discharge a fœtid matter, and this continues till this day. I am quite deaf in that ear. In the morning between four and six o'clock, I have a chilliness, considerable night sweats, I walk slow, my limbs feel clumsy, and I feel generally, as if I did not want to stir much, and feel disposed to sit still.

I have now given you a minute description of my case. I will thank you for a candid answer, and if you think you cannot help me, say so, for I do not wish to be flattered, nor am I easily frightened. My wife is in almost as bad a condition as I am, and if I get well enough, I will bring her with me to see you in Cincinnati next summer. You may think this a long epistle, but I could not make it less, and tell you all about myself. Yours, &c.

I prescribed for this gentleman, and enclosed the more necessary remedies in a letter, but before they came to hand, he was attacked with a severe diarrhœa, which in consumptive cases is, under ordinary hands, a dangerous, inveterate and intractable affection, destroying in a day or two, all the strength which it required weeks of good nursing to gain. He subsequently writes:

"I received your letter with prescriptions and remedies. The diarrhœa, with which I was so much troubled has been completely cured by your prescription, and my bowels have continued in proper condition, in perfect good order ever since. My appetite is very good, and I am gaining some strength. The soreness in my bowels and stomach has left me, nor have I any pains. I am still weak, and my cough troubles me, but your remedy always quiets it."

One month later he writes again :

"I am gaining strength. I have ridden sixteen miles in a day quite comfortably, and without much fatigue. I walk about in my yard and garden, lounge and stand about on my feet twice as long as I could two weeks ago; I rest very well at night, and cough none of consequence, until rising in the morning; my pulse, which was formerly one hundred and twenty, is now, when in a quiet position, reduced to eighty. I take great delight in cultivating the flowers in my yard and garden. Yours, &c."

P. S. My wife has concluded to give you her case, and she has sent a very minute and accurate account of her troubles and difficulties, and now I wish you to examine these particularly, and give me your opinion what the matter is; and if you can cure her, I want you to try it. She thinks she has caught Consumption from me, and perhaps it is so; at any rate, there is something wrong, as she has fallen off thirty pounds. Now, Doctor, I want her cured, if possible, for I think a great deal of her, for no person could have taken so much care of another, as she has of me, during my whole sickness.

In the same envelope his wife wrote as follows :

"My first symptom was an unpleasant feeling in the throat, a sort of pricking or tickling most of the time, with a dryness, as if there were dust in it. I did not complain much, but used some simple remedies for a while, but the difficulty kept increasing, until it began to interfere with my talking, when I became alarmed. Conversation created a tired feeling in my

throat, extending down to the lungs. This troubled me some two years before it began to effect my health much, although it first appeared nearly four years ago. For the last two years, I have been under the care of physicians for a great part of the time, without being benefited, on the contrary, my health was gradually failing. Some eighteen months ago, I began to loose strength and flesh both, with daily fevers. Some part of the day, my hands and feet would burn very much, and then be extremely cold. About the same time, a good many other difficulties began to present themselves: costiveness; sour stomach; a burning on the top of my head; for the last year, I have had a pain in my left side, very low down, most of the time, with frequent darting pains through my chest and right side. I have had stitches catch me in my shoulders, through from my shoulder blade to my breast, or collar bone, so that I could not get a long breath for several days. The last was in my right shoulder and side, both of which were very sore; also pain in my arm. I have had a great deal of pain in my back, sometimes the whole length of it; but more lately, the pain extends from the small of the back to my neck, with great soreness between my shoulders, especially when lying down. I have had this soreness when lying down, for more than a year. It is sometimes quite difficult for me to turn myself in bed or to raise up; and when I turn on my side, there is a drawing or pulling sensation. I am the most comfortable when lying on my back, with something rolled up under my shoulders to press against. I have conversed with physicians about it, but they do not say what the cause of it is. My medical attendant pronounces my throat affection, a regular bronchitis. It has not been very sore, so as to hurt me very much to swallow. It generally feels better after eating, it seems to rest it. I have frequently taken a mouthful or two of something to swallow in order to produce temporary relief. But if I talk much, it seems to tire my whole system, although I feel it most in my throat. This feeling appears to be about the root of the tongue, and not so far down towards

the lungs as formerly. I am easily fatigued by exercise, it puts me out of breath and causes a pain or heavy ache on the outside of my throat. There has never been any ulceration much, in my throat, but the tonsils seem to be shrivelled up, and appear to be of a dark red color. .

My general health has declined this spring. I am very weak, my side has troubled me—especially the left, with soreness clear across the stomach.

My present greatest difficulties are, pain in my side—between my shoulders, with soreness there; costiveness, and an acid or or burning in my stomach. I have no cough of any consequence, except when I take cold, nor do I raise any from my lungs. There is a kind of glutinous substance from my throat in the morning; all the time my tongue is considerably furred. Pulse from 100 to 110 this spring. I used to be looked upon as one of the healthiest persons in our village. I always had a fresh countenance and was quite fleshy two years ago, weighing one hundred and forty. I now weigh one hundred and ten. I do not know that Consumption is hereditary in our family, none have had it except a sister, but I think I have all the symptoms of it, if it is not firmly seated. I think it has been brought upon me by fatigue, care, and anxiety about my husband. I never knew what it was to have a sick day, until his sickness. It is my opinion that I have taken the disease from him, being over him and waiting upon him constantly for such a length of time.

Yours, with respect.

Within three months, the husband writes me, in a letter just received, "Your remedies were duly received, and their effect has been such, that my wife believes she shall soon be quite well!"

A Southern Planter, a gentleman and a scholar, wrote me in February, 1846, as follows:

DEAR SIR—Last February I had a slight cough. On the recommendation of my family physician, I abandoned the use of cigars, and the cough left me in a week or two. It was

attended with tenderness of the stomach, with occasionally a feeling of faintness and fluttering in that region. Abstinence from cigars, careful diet, and a month on the gulf coast relieved me. Each of the above symptoms returned slightly with the winter. I determined to harden myself to cold; took no extra precautions in clothing when the weather changed. I took cold, had an attack of chill and fever, attended with wandering pains in the chest; soreness of the breast bone, unsatisfactory respiration, not able to get a full and comfortable inspiration, a constant tendency at times to struggle for a long breath, have had a bad and constant dead pain through the left breast and shoulder, occasionally pains on the tops of the shoulders. A deep inspiration is sometimes followed or rather co-instant with a slight clicking sound of the lungs, as if dry, and cracked on expansion. My throat has also been in a bad condition, a harsh, exasperated feeling, with occasionally a sore point, sometimes a tough, glutinous mucus is discharged, by "hawking," as it is called. A casual observer would not suppose me an invalid, and, but for the disturbances I feel, I should not do any thing. Believing, however, that in matters of this kind particularly, discretion is the better part of valor, I have determined, however, on the recommendation of a merchant of New Orleans who was formerly under your care, to avail myself of your skill and experience, and shall wait with some solicitude, for your reply. I am upwards of six feet, slim, thirty-one years old, married, four children, never indulged in any excesses, except to smoke three or four cigars a day, for ten years. I have lived an active out door life, except when at college, know of no pulmonary affection in my family and am of an excitable temperament; narrow breast and stooping, reddish tongue, pains between the shoulders, lowness at the breast bone and under the left ribs, tenderness at pit of stomach occasionally, no cough to be remarked; pain on the left side of the spine, midway; have a flushing in the face for several days at a time, heat in the cheeks and ears, a prickly sensation in the throat, high up, and at the root of the tongue,

affecting the interior ear with a small sharp pain, and weakness in the chest; my brother died of Consumption, and his mother died of the same disease."

Very respectfully, your obt. serv't., B. W. J.

I prescribed for the above case by letter, and in about a month received the following:

DR. HALL—DEAR SIR: I have the pleasure of acknowledging your favors in due course. The directions and remedies all came safely. I commenced immediately pursuing the course prescribed, and I am happy to say, with gratifying results. In just one week after I took the first medicine I found myself relieved of the pains in my breast and shoulders, in fact of all fixed pain in breast and back; my pulse is 75, my digestion and appetite good, no pains in the stomach to be complained of, and altogether I find myself better and more comfortable in every respect.

I do not know that I need trouble you farther. With a high estimate of your skill and kindness, and wishing you great success in your mission of mercy,

I am very respectfully and truly,

Your obedient servant, B. W. J.

A Clergyman from the North wrote me, February, 1846, as follows:

DEAR SIR—Having lately heard that you devoted your attention to that branch of medical profession which has for its object the cure of Consumption, and the removal of diseases which lead to it, I write to you. I have long believed that the cure of Phthisis could have been accomplished had medical men had the ambition and energy sufficient to have attempted it.

Whether I am consumed, I cannot tell, but certain I am that I have symptoms which alarm me. The state of my health is such that unless repaired, I am confident I shall soon become a victim of the disease. My physician informs me that my lungs are slightly affected. But I will give you a history of my disease that you may judge for yourself.

I am a clergyman, aged twenty-eight, with a wife and one child, tall, narrow breast, stoop shouldered, very healthy until twenty-one; of a healthy parentage, as far back as I can trace. About twenty-one my liver became diseased, it ulcerated, I since have had dyspepsia. Last summer I enjoyed good health, but in December took cold, great soreness at the pit of the stomach, and under the ribs; these continue; throat sore, spit freely; this in a few days abates, when soreness and spitting return, there is now great constriction across the breast, cough dry and troublesome at night, pain in the centre of the breast, running up the right side, burning there also, and lower down, expectorates freely, various matter, white, frothy, dark, stringy, yellow; cough and spit a great deal as soon as I get up, there is a hoarseness low in the breast when I cough, and slightly so when I speak low; general weakness; pain about and between the shoulders.

Write as soon as you possibly can. I will wait with anxiety, and shall be under great obligations to you.

Yours with great respect,

H. D. L.

The writer of the above had ceased to discharge the duties of his office in consequence of the condition of his throat. I undertook the case, and sent the necessary directions and remedies by letter. In the course of the following summer he writes me as follows:

DEAR SIR—I thank you for your concern in my welfare, and your kindness in remembering me. My general health is quite good. I have not any thing to complain of, except a month ago a slight soreness in my throat and stomach remained. Now I have no difficulty in swallowing. I am engaged in the duties of my profession and speaking gives me no uneasiness.

I am yours with high respect.

I presume a few cases will be as satisfactory as a hundred. And I hope it may be my happiness, often to be repeated, in years to come, to be instrumental in saving others from a dreadful disease and a miserable death, although it may never

have been my pleasure to take them by the hand, or meet them with a friendly greeting.

DISCONNECTED OBSERVATIONS.

I throw together here, a number of observations, which do not require a separate head. Some of these will be interesting to the invalid—others will secure the attention of such as are fond of investigation. In many instances results only are stated, leaving the reader to account for the things stated at his leisure, and in the best manner he can.

Observation 1. When a person is of a family, any of whose members, extending to uncle, aunt, husband or wife, have died of Consumption, he should regard any disposition to sore throat; or frequent clearing of the throat; or slightest cough, or general chilliness; a marked impressibility to cold, with very great attention; the very first appearance of any one of these, ought to be met with judicious and effective means of removal, under the direction of a respectable physician. I wish this first "Observation" would be read and acted upon by every man and woman in the country. Any of the above symptoms, long continued, are capable of developing Consumption in persons whose families on either side, have been known liable to lung affections; they are capable also of originating the disease in persons who are from a perfectly healthy stock. Any debilitating or unnatural discharges from the body, old sores, fistulas, gleet, whites, and the like, not only are capable of developing, of causing to break out the hidden disease in one of a Consumptive family, but can and often do originate the disease in persons from an entirely healthy stock, although it should not be forgotten, that phthisis is developed perhaps twenty times by these circumstances, where it is originated once. But the practical influence which I wish this statement to exercise, and one too, which would save thousands upon thousands from a Consumptive's death, is simply this, that on the appearance of any Consumptive symptoms, whether cough, sore throat, chilliness, weakness, or any debilitating discharge

or weakening sickness of whatever name, the subject of it, should, if it does not disappear of itself, in a short time, make application to a respectable and steady physician, even if he have been from a parentage ever so healthy; but if from a Consumptive connection, it ought to be regarded as the distant knell of death. When these "little ailments," as they are sometimes termed, make their appearance, every friend has something to take, and the things to be taken, are as numerous as one's friends; but in all my experience, there is but one thing to be taken with safety in the ordinary ailments of the human system; in many instances it is a specific, and effects a perfect cure; in others, it greatly alleviates the malady, it is always at hand, and has the advantage of every other prescription ever thought of, and what is of great importance to some, it is always to be obtained without expense, and it is this, just take—nothing. If this does not alleviate in a day or two, and cure in a few days more, the next, the best, the safest and the only rational step is, to consult an experienced physician.

In my desire to prevent, alleviate, and remove human suffering, I have been many times strongly tempted to publish for popular use, general directions for meeting the ordinary symptoms as they most commonly present themselves in the progress of Consumption; such as cough, pains in the side, breast, shoulders, throat, constipation, looseness, burning breast, internal soreness, bad taste, restless sleep, weakness, short breath, night sweats, and the like—but I have been deterred from doing so, from the conviction that in the "*long-run*," it would do more mischief than good. Persons of common sense would derive the greatest advantage from it, but there are so few people of common sense, that it would be like curing one and killing a hundred. For general purposes, the risk of doing a permanent good, would not be greater, than if a sick countryman is turned into an apothecary shop, as a pig is turned into a cornfield, and told to help himself. The difficulty of getting pure, certain, and fresh remedies, except in cities; the neces-

sity of a sound judgment in determining the immediate cause of a particular ailment; of adapting the strength and amount of a remedy to the original strength of the constitution and its present strength, as affected by the disease; and then there are idiosyncrasies to be taken into account—that is to say—there is a certain something in men by which this thing occurs—that a remedy which would cure ninety-nine men would kill the hundredth—the idea is conveyed in a homely phrase, “What is one man’s meat, is another man’s poison.” Nor is this all; some persons want to see the effect of a remedy in half a second, and repeat it without consideration; others are fearful and begin by giving the smallest amount, while it is known that there are some remedies which are of a nature that if you give too little they injure, but if a proper quantity be administered, great good is done. Tartar emetic is of that class—when all these things are taken into account on the one hand—and a human life is at stake on the other, it must be apparent how necessary it is that there should be no wavering, no delay, no experimenting, but promptness, determination, sound judgment, experience, and the skill which only experience can give, all should be brought into immediate requisition. Were I to tell how and what to do, it would happen in numberless instances, that the glad hour of possible deliverance would pass, while persons were feeling about in the dark and experimenting, in the exercise of an unwise economy.

That man practices medicine most successfully who can calmly stand by the patient and see farthest ahead what nature wants to do, and let her alone, except when she is not powerful enough, and then just aid her a little. This is strikingly requisite in some forms and symptoms of Consumption. Cough is the prevailing difficulty, and nearly every one thinks himself getting well in proportion as the means he is taking “cures his cough.” Cough is a curative process. It aids in bringing from the lungs what ought not to be there. Hence suppressing the cough is but to kill more surely and more speedily. In phthisis the cough ought not to be materially

interfered with, unless to give repose at night. I have heard from the brink of the grave, this "oft repeated tale." "I had a bad cough and took (here some celebrated cough remedy is named, no two persons scarcely naming the same article in a month)—I never had any thing to do me so much good in my life; it cured me of my cough in three or four days, but as soon as I got well of that, I took a pain in my side and it has remained there ever since."

Another person will say, "I had cough and night sweats and weakness until I had "a rising," and it troubled me a great while, but still I got better, my night sweats left me, I became quite strong, and hardly ever coughed at all, then I got something to put on my sore, and it soon dried up and got well. But unfortunately, I caught a bad cold some how or other, I don't know how, it has got worse and worse until now I am almost dead."

Others again "had pain in the breast, with a bad cough, then I got the rumaties and had no cough or breast pains any more." Then they could not rest until their "rumaties" were cured also, and these being "driven in" by some inconsiderate persons, the disease returned upon the lungs, and they died. I trust the preceding remarks will teach persons not to tamper with themselves under similar circumstances, but seek proper advice from a reliable quarter.

Looseness of the bowels is in Consumption a frequent, weakening, dangerous and inveterate symptom. It should be controlled cautiously and speedily, or it may hasten the patient off in a very few days. This is a symptom so frequent, dangerous, and important to be controlled that I will here name a case or two.

A merchant having Consumption, applied to me—the prevailing distress being loose bowels. For six months they had been wasting him away to a skeleton; different practitioners were consulted, all known and unknown remedies were employed, some were utterly useless, they had no effect whatever; others were worse than useless, for they controlled them

for a day or two, only to appear with more virulence than before. Within two weeks I had brought them so nearly to a proper condition, that he thought he would get well without further advice from me, as he wished also to be economical of his means. I did not think proper to intimate to him particularly that he might be mistaken, in truth I hoped otherwise. In a short time, however, he wrote me a letter, deeply regretting that he left me so soon. I however took his case in hand again, and he never was troubled with it afterwards.

Sometime ago an English lady requested me to see her infant child. It had dwindled away to a skeleton, cough, pain in the breast, and very loose bowels, nothing could control them; the family physician had given it up in despair, and let it loose to take its chance. These symptoms had continued for five months. I did what I thought was proper, the little thing nearly half doubled its weight in a month, and continued to improve, grow and fatten, up to the time of my last seeing it, and as far as I know, it has continued growing and fattening ever since.

A gentleman, a thousand miles distant, had an incontrollable affection of this kind, and writes for advice, I prescribed, and in due time he replies by saying, "I had almost a constant diarrhœa for six weeks and resorted to all kinds of ways and means to check it during the time. It made me so weak that I had to keep my bed for several days at a time. I have taken all sorts of astringents. I then called in a Homœopathist, but not being benefitted at the end of a day and a half, I resorted to other means. I next tried a Botanic Physician, he partly checked it, after using three different astringents, but it soon came on again. I then took successively sugar of lead, dover's powders, morphia, ipecac, but with no better success; at this time your prescription came and was completely successful. At the end of a week I was better than I had been since I was attacked, near two months before."

I have not heard that he was ever troubled again in this way.

Consumption is not a disease to be cured by any summary method, by the taking of a few pills, or swallowing a bottle or two of some all-healing syrup. Yet it repeatedly occurs in my practice, that in the course of a very short time, cases of apparently a desperate character come under the remedial influence of the means used, and begin to assume a change for the better, enough to inspire the invalid with hope, and fill the hearts of friends with gladness.

A CASE. Some six weeks ago, a tall, slim, red headed, stoop-shouldered, six-footer, of sixteen years, wrote me from a distant state, that he had a dry cough, and spitting of blood every few days, with general weakness, which was constantly increasing, had for some time been unable to do any work, could not stand up without fatigue; breast had sunk in on both sides; bowels very irregular; alternate constipation and looseness; coughs night and morning, spits up quantities of matter every day; greatly reduced in flesh, within the past two months; very slight work causes his spitting of blood to return in considerable quantities. He was of a very consumptive family. Here were symptoms enough of Consumption to fill any heart with apprehension. I prescribed, doubtingly—at the end of five weeks, he writes:

P. CITY, September 15, 1846.

DEAR SIR—Your prescriptions came duly to hand, and were at once entered upon. I find myself improving. My appetite is better than it has been for a long time. My bowels have become entirely regular. I sleep soundly, except when disturbed by my cough, which is now less troublesome than heretofore. I spit some phlegm yet. I feel that I have gained strength, and am not as easily fatigued as a week ago, and am able to do some small jobs of work without inconvenience. I have no unnatural feeling about the breast, nor is there any pain or uneasiness about the shoulders. I am indeed gaining in flesh, and my pulse is reduced from 108 to 95. My

voice has become stronger, and I have had no return of spitting of blood. I return my thanks, &c.

Very respectfully yours,

W. J.

I may mention, in addition, that when this patient wrote to me, it tired him to walk about, or stand about the house; and now he walks several miles every day, not only without fatigue, but with a feeling of comfort.

On the other hand, there are cases which appear to be but little benefitted for several weeks, when suddenly, a favorable change occurs, and their progress towards health is rapid and substantial.

A young gentleman of distinguished family and great wealth, came to me from Montreal, having heard of my practice. His was phthisis beginning, as a result of *indiscretion*. This case excited much interest. A young man, educated, accomplished, of an elegant person, of family, wealth and influence, withering in the prime of manhood, like a flower without water, or like a comely plant with a poisonous and destructive worm feeding on the root. His principal symptoms were, pulse 120, pains between the shoulders, daily chilliness, and hectic fever, debility, &c., together with those phenomena, which a hidden and hateful malady gives rise to. I undertook his case with much misgiving. In the course of some weeks he writes to me as follows:

SIR—I am happy to inform you, that four days after I had commenced following your prescriptions, I could observe a notable improvement in my health. The most characteristic symptoms of my disease have gradually disappeared. The night sweats, pain in the chest, and cough, are no more. Pulse 70. The only remaining sign, is a slight asthmatic breathing, in wet weather, and an *occasional* expectoration of a yellowish matter. If you deem any further prescriptions necessary, I would be glad to have them without delay, as I do not intend to remain long in the South.

Yours truly,

E. C. D.

This gentleman subsequently called on me, as happy a man as I had seen for many a day ; to all appearance a man in perfect health—pulse, sleep, appetite, bowels, all regular and natural, and as far as I know at this present writing, they continue so to be.

Although a physician may have prescribed a remedy, and it has acted well a thousand times, yet it gives him pleasure to learn, that at the one and one thousandth time, it has not failed in accomplishing its object.

A CASE. A gentleman who was exceedingly anxious to live, wrote to me from the north for prescriptions. His case was a bad one, so much so, that I wrote to him, that the only chance of possible recovery, was an immediate and energetic effort. He wrote frequently, until he became so much improved, that he did not think it necessary to write at all: and I had not heard from him for a great while, when very unexpectedly a letter came, as follows :

DEAR SIR—Although I have nothing special to complain of, as my health has been improving since I last wrote you—yet I have more than a curiosity, for I feel an interest in knowing the composition of the remedies sent me, and also how they operated to produce such happy and beneficial results, for they certainly operated on me like a charm. If you will have the goodness to satisfy me on those points, you will greatly oblige me. I do not wish to trespass on your time, which doubtless, is more profitably employed, yet I have a great desire to know. I am truly yours, J. K. M.

Those who are Consumptive hereditarily, are accustomed to think their case utterly hopeless. But it is a hopelessness which only exists in the imagination. Persons may be born with Consumption, and yet become perfectly hale hearty and healthy men. There was in the south west, a man of extraordinary appearance, some twelve years ago ; a New Englander by birth ; his father, mother, and six of their children had died

of Consumption; each child, as it neared the age of twenty, paled, dwindled, and died away, of unmitigated phthisis; this man found himself at the age of eighteen very perceptibly nearing the whirlpool of death; in fact, he had already begun to wither, with a hacking cough, and a nerve of feebleness; and yet he had in his eye, the fire of a giant mind. He pursued a prophylactic course of treatment, and now weighs two hundred and forty pounds. He is an accomplished scholar, one of the loveliest of poets, and as a successful lawyer, has no superior in the south west.

There is a class of persons, a set of boding, croaking, prognosticators of ill, who from one year's end to another, shake their heads in only ominousness, as if they loved to live, and crush all human hope. They say there is an exception to every general rule, but I never knew a person of this description, who ever did himself, or any body else, any good. I never knew such an one to succeed, except in one thing, and that was, the signal success, of failing in every thing he ever put his hand to.

Such persons, by their blue predictions, would have utterly crushed this young man's hopes, for "they knew he had Consumption, and had it born in him, and they never knew any body to get well of it, but every body that ever had it died, and they knew he never could be cured." Such is the manner of language and argument—and it is by the discouragements of such, and of others who, one would think, ought to have more sense, that many, within the easy reach of deliverance, are not merely, not let alone, but are, as it were, discouraged into death. Could any man, with the ordinary feelings of humanity, fully understand what a death chill he sends to the heart of a sinking consumptive, what a rude crushing of faint, but fondly cherished hopes in the pale and quiet and complainless victim beside him—he destroys—when he, in perfect health himself, so positively (the positiveness of ignorance) declares Consumption cannot be cured—could such a man I say, ignorant and ruthless as he is, be but half sensible of how painfully

his heartless words, fall upon the ear of the stricken invalid, he would seal his lips in pitying silence. It is like dashing beyond the grasp of a poor, exhausted, and drowning fellow creature, the last little straw to which he turned in the death struggle—only that life and hope might a little sooner sink together in the night of the grave. A man speaking thus is cruel, even spoke he the truth; but when he speaks incompetently, unadvisedly, and falsely, then he adds crime to cruelty.

Wherever tubercle is produced, the blood itself is essentially the source of it.—Dr. WRIGHT.

Dr. Wright believes with most other pathologists that the formation of tubercle is due to an “error of nutrition.”

Mr. Addison says, “Lung tubercles consist of matter accumulated by colorless blood cells.”

The elements of tubercle (granules tubercles in the first stage) may remain in the lungs *ad infinitum*, and neither the patients suffer from them, nor physical diagnosis be able to detect their presence.

The meaning of this last is, that tubercles are not necessarily fatal—that they may, and often do exist in the lungs of men, without having any material effect on the health. In their elementary state, they do not produce even a cough; but when by any means they become inflamed, or cause inflammation of the parts immediately adjoining them, then there arises slight cough, quick pulse, and imperceptibly commencing debility; and then it is, *that the death begins*, unless the person awakes to the danger, and sets about its removal; and were men as fully alive to these, the premonitory symptoms of Consumption, as they were to those of the Asiatic Cholera, the deliverance would not be less certain. A case. A handsome young man, and good, aged twenty, came to me a year or two ago for consultation. I say he was good, because from the proceeds of a little shop—not ten feet square—he had been found week after week, from early morning until eleven, twelve, and even one at night, disposing of his little wares at a small profit for the support of a widowed mother and two

sisters. His health had been declining so rapidly of late, that he had nearly concluded to go home to his mother and die. When I told him that he need not go home, that he could still attend to his business and get well, he was unwilling to credit the news. His prominent symptoms were a pulse of ninety-nine; had been very much troubled with distressing pains between the shoulder blades behind; a dull, heavy, binding sensation along the breast bone; could not draw a free breath: shooting pains in the left breast; cold feet; burning hands; great deal of general chilliness; had very irregular bowels; considerable difficulty in breathing at times; constantly clearing the throat, and bringing up yellow matter; had fallen off a good deal; great weakness in the knees; throat troubling him all the time.

I prescribed for him, he calling at intervals, for a month or two, at the end of which time, his pulse was at *his* regular natural standard of seventy-five; he had gained all that he had lost in weight; and had no symptom to complain of. I requested him to observe some general directions for a while longer, so as to place disease so far from him, as to make its return impracticable. I never saw him, or heard of him again—until five days ago, he met me with a smile of gladness, in the street, one of the handsomest and healthiest looking young men in this city. Such an incident as this, more than pays for many a sad and weary hour of disquietude and anxiety, which so rapidly wastes away a physician's life. It is generally thought, that medical men have not much feeling. It is not their business to feel while in the sick chamber; but when he retires to the silence of his own office, or lies upon his bed in the still hours of midnight, then his solitudes begin; thoughts will travel back to the bedside he so recently quitted, where there lay, tottering on the verge of time, yet leaning on, and looking to him for life, the fellow citizen, an old neighbor, or a long cherished friend. How enviless, such a situation!

I named awhile ago, that tubercles in their primary stage, may remain hurtless through a long life-time; but if they, or

the neighboring parts, are excited to inflammation, or maturation, then it becomes "the beginning of the end." It may be a matter of interest to know what produces this change. I know of but two immediate causes; the first is neglected colds; the second, any debilitating disease. In one respect, these causes are very different—one of them never can originate Consumption, the other always can. It is a great mistake, and yet an almost universal one, that bad colds are the cause of Consumption; such a thing is impossible; if the lungs are entirely free from tubercles, it is as impossible for a bad cold to produce, or bring on Consumption, as it is for powder to flash, unless fire is applied to it. If, however, tubercles be already present, a common cold neglected, or frequently renewed, is a very common cause of Consumption.

But as it is impossible to tell with certainty, that there are elementary tubercles in the lungs, if in all other respects, the physical signs of health are obvious, the most rational course to pursue is, whenever a person has a common cold to get rid of it as soon as possible, not by taking cough medicines, for they only plaster it over, only smother it up, and greatly increase the danger—increase it fifty fold—the last and most certain way I know of is, as soon as one finds he has a cold, to stay in the house, except from ten until four o'clock every day, drink no liquid, except copiously of warm teas of any kind on going to bed, having first warmed the bare feet by a hot fire for half an hour, causing a servant to rub them well all the time with the hands; in the morning wash them in cold water, and manage to keep them not only warm but hot, all day; dress so as to avoid any feeling of chilliness; be prompt to secure a daily passage from the bowels; mix a teaspoon even full of powdered rosin, in a large tablespoon of honey, to which may be added a grain of ipecac, or one twentieth grain of tartar emetic to each teaspoonful, (if the phlegm be tough,) one teaspoon to be taken every hour or so during the day; if a mild treatment like this does not give a very marked relief, and continued improvement, a physician ought to be con-

sulted, for there is danger. Patent remedies quiet and subdue the cough, but do not eradicate it. A gentleman once came to me; he had taken a bad cold as he said, which he endeavored for some time to get rid of, but in vain, at last he purchased a few bottles of some cough medicine, which he observed was the best thing he ever took in his life, for it cured the cough completely in a very short time; but, continued he, when I got clear of the cough, I was attacked with a pain in my side, and there it has remained until this time, and made me the shadow of a man as I am. He wished me to prescribe for him, if I would warrant a cure, but as that is a thing I never did, nor ever will do, unless my nature is changed, he went away, but died in a very short time. This poor man's history and end is the history and end of millions, and will be of millions more, who, contrary to every principle of reason, and even of common sense, drug themselves with a compound of the constituents of which, even the vendors are utterly ignorant, thus blindly risking health, life, every thing, in the exercise of a blind economy, the saving of a doctor's fee, amounting perhaps to a dollar!

Observation 2. I am frequently asked if Consumption "is catching." Very few medical men believe that it is. My observation of one fact may be taken for what it is worth—that a majority of the married people who apply to me in consequence of their having more or less symptoms of the disease, are found on inquiry, to have lost a wife or husband by Consumption. My opinion is, that a person of full, robust health, may sleep in the same bed with a Consumptive person, and not suffer materially from it; but if there be not that robust state of health, there is danger. It is my opinion, that taking every thing into account, it is a good general rule, that one half of those whose husbands or wives die with Consumption, will eventually die of the same disease themselves. A person in delicate health ought not to sleep in the same room with a Consumptive person more than two or three nights at a time.

Observation 3. Allusion has been made in the body of this work to the fact, that quinine, injuriously employed, especially in the common fevers of the country, has a tendency to produce that condition of the system favorable to the generation of tubercles; at the same time I have found it an invaluable remedy, and have for a long time used it in large quantities, in several conditions of the earlier and convalescent stages of phthisis.

Observation 4. Several years ago, I published, in pamphlet form, some remarks as to the best means of preventing and alleviating throat affections. Doubtless they appeared too simple to the multitude, and few took advantage of the hints given; nevertheless, my continued observation of their gentle, gradual, and effectual influence over several forms of throat disease, leads me to suggest them again.

It is astonishing what a slight ailment in the throat moves slowly and resistlessly on to a Consumptive's grave. So often have I seen it thus, that when I meet a person in the street with a piece of flannel around the throat, I often mark that person as a doomed one—a case.

Several years ago, I was called to see the daughter of the Hon. Judge S—— B—— of P. T. She was however, too far gone, there was no hope, and she died, leaving a younger brother, about nineteen years of age, who was now an only child. Every care had been extended to him, which great wealth and extensive family influence could bestow. For one so young, he possessed great manliness of character, and being of a frank, generous, and kind-hearted disposition, he was a universal favorite. The family was one of the most affectionate and amiable I had ever known. These things are named to account for the interest I took in the son, which I could not suppress, as he was not entirely well. He complained of a little dryness and a scarcely perceptible soreness in the throat. He had complained of it frequently before, but it soon went away. Now, however, it had been present for some time, and every little cold he got aggravated it. They became very tender of

him, would never let him sit in a draft of air, urged him to put on his hat whenever he went out of the house, (and this was in summer time) and for greater security, a piece of white flannel was worn next the skin of the neck. There was no pain any where, pulse natural, sleep sound, appetite and digestion good—in short, there was nothing complained of, except a slight throat affection, and even this was only occasional. I stated to the father, simply for the interest I felt in his son, and my admiration of the family, that measures ought to be taken to relieve his child from the ailment he complained of, and that I thought it could be effectually done, and while circumstances would not allow me to attend to the case, as I was on my way to France, I named to him a gentleman, whose skill I thought would be competent at this stage of the malady, to effect a cure; and that he might be fully awake to the danger of the young man, I said to him in as many words, and repeated it in a letter of business afterwards, “If you do not do this, the system will gradually run down, and before the close of a year, he will be in an incurable decline.” Nothing was done; within a year he was a hopeless Consumptive, and after lingering a few months longer—died.

Many may be relieved of a beginning throat affection, by keeping the neck bare as possible, washing it with cold water and soap, morning and night, then rubbing the whole neck and throat to redness with a coarse towel, afterwards rubbing in half a tablespoonful of Cologne water; and if the throat is dry, chew freely, as men chew tobacco, a piece of white paper, or slippery elm bark, especially when the dryness is felt. I know very well that this is too simple a remedy to command the attention of men: were it more complicated, and compounds more unknown than Cologne water and slippery elm bark, were recommended, the suggestion would be improved; such is human nature.

In the hope that what I have said above, may be attended to, and that the reader may feel it to be corroborated, I here add the verbatim testimony of a forcible and practical writer

on the other side of the Atlantic, who addresses himself to clergymen and public speakers.

"1. Let the throat be always kept at the same even and low temperature at which any keep the face. Few ladies are attacked with this tracheal irritation, because with them habitually the throat is open to the action of the cool air. Many men, and clergymen in particular, tie up the neck with a handkerchief with a pad in it, or with a thick stock, and in this way the glandular and highly vascular substance of the neck becomes peculiarly tender and susceptible, and the tracheal passage suffers with it. Let nothing be worn about the throat, either in winter or summer, but a plain thin light stock, which will not allow the throat to become heated; and it will soon be protected by habit from all swelling of the tonsils by cold, and from the sympathetic irritation of the trachea.

2. As a preventative, before the deduction of packing around the throat, begin the ablution with tepid water and vinegar, and gradually come to the copious use of cold water, applied with a sponge to the whole region of the neck and shoulders, rubbing afterwards with a coarse towel, till the skin is well reddened. If this plan is adopted in summer, by the time winter arrives, it will be found quite sufficient to wear only the slight stock in the coldest weather, and to sleep at night with the collar of the night shirt unfastened, without taking cold.

3. Many persons have a very injurious mode of speaking, by driving the sound from the chest harshly and gratingly through the windpipe, creating a sound which seems rather sepulchral within the body, than flowing easily out of it. It is far better to keep the mouth itself well open, giving the whole instrument rather the character of a trumpet in which the effective sound depends rather in a gentle steady filling of the mouth of the trumpet for vibration, than blowing into it violently. I believe this erroneous method to be exhausting at all

times, and rapidly destructive of the organ. If the lungs are regularly expanded at proper intervals, and the column of inhaled air, is allowed to flow out at a moderate and quiet rate, and without the vehement muscular driving to the chest, while the articulation is easy and independent, like the fingering of a flute, the natural instrument is then treated fairly, and will endure a degree of wear and tear, not often encountered.

These are the results of thirty years experience, and though they appear minor matters, yet if properly attended to, they will be found of real importance. Men of peculiar delicacy of throat may, by perseverance in this way, become robust and indomitable speakers.

Of course, if there is a general constitutional debility, collateral measures for improvement must be adopted also, or these hints would be of little avail."

Observation 5. All my reading and investigations are confined to Phthisis, and that only. With this view, I am in correspondence with all parts of the world, reading every thing that is published on the subject, new and old; willing to receive instruction from any source, and to pay any price for it. In this manner, I have received much of the information which I possess; and in the same manner, expect to acquire a great deal more. When I hear of persons who have acquired skill in alleviating or removing any particular symptoms, I find it better to visit them and pay them well to communicate what they know, than to speak of them as ignorant pretenders, without ever having seen them or informed myself of their practice or remedies. Often I gain no new information, but sometimes I obtain suggestions of very great value—and what is perhaps worthy of remark, I have repeatedly found, that the success of particular persons, was owing substantially to the identical remedies which I have myself been using for years.

In several instances, persons have applied to me, who previously, by peculiar circumstances, had been thrown on their own resources, and by self-reflection, had fallen on a modifica-

tion of the very means which I had employed for that particular phase of the disease. One case which I now recollect, was that of an intelligent gentleman of great wealth, who subsequently got perfectly well under my treatment, and remains so; the other was that of an educated half-breed Indian, in the employ of the United States Government, and had been for a number of years in a very important and responsible office. In consequence of unavoidable exposure, he had acquired a settled cough, weakness in the breast and arms, spitting of blood, deranged bowels, &c., but being employed near the head waters of the Mississippi, medical aid was impracticable; having stated to me that from time to time he had obtained relief, I inquired the means, and found they were a modification of my own; and with the continuance of them, with such additions as certain symptoms required, he was able in a few weeks to return with renovated health. I think that in view of these two cases, and others like them, I am entitled to the reader's opinion, that mine, is a common sense mode of treatment.

The great majority of those who come to me, are those who have done so in consequence of what I had done for persons with whom they were acquainted. This is to my mind a conclusive and gratifying evidence of the efficacy of my mode of practice.

I never encourage patients and friends in persuading others to apply to me. I prefer all should come freely, and of their own accord, because I think that it will be more profitable for me in the end, and more beneficial to the community, that my system of treatment should make its way by the momentum which its own intrinsic merit may give it; my wish is to obtain a steadily increasing and enduring success. I deprecate all adventitious and factitious aid. I would sooner live in a log cabin, or sweep the streets for a livelihood, than resort to the expedients of "certificates and recommendations," and other, the like unbecoming and unprofessional modes of securing practice. This must suffice for an answer to the question of surprise

which has so frequently been proposed—why do you not let it be known what you can do? I consider that the quickest way of gaining public attention, is seldom the best or most permanent.

I am gratified in being able to state that the persons, published several years ago, as being cured by me, are, as far as I know, still alive and doing well; thus establishing the permanency of the cure. The great, the main object in preparing these pages, is to enable persons to understand what are the symptoms and feelings which generally bring on, or accompany Consumption, and to induce them to apply without the delay of a single day, for their prompt and effectual remedy; believing as I do, in the great certainty of its accomplishment, and that it would be the means every year, of saving from a premature and fearful death, thousands and thousands of the kindest and loveliest of our race.

THE LARYNX.

A general description of this organ is necessary, in order that the unprofessional reader may better understand the disease to which it is often subject. The larynx is a cartilaginous tube situated at the anterior and upper part of the neck, between the root of the tongue and wind-pipe, to which it is attached by a membranous union; it is somewhat irregular in shape, lined by a mucous membrane highly organized and susceptible to the impressions of agents either of a chemical or mechanical nature, and which readily injure its nice adjustments. The larynx plays a part in the phenomena of respiration, and also contains the organs, which form and modulate the vocal sounds; the air on entering the nostrils, passes immediately into the larynx, and thence, is conducted along the wind-pipe to the bronchial tubes, where by innumerable ramifications and divisions, it is sent throughout the lungs to arterialize, or purify the blood; if the air thus entering should be hot, or if it should contain acrid vapours, the result would be inflammation of the organ with which they came in contact; this we shall find frequently happens in cases where hot steam

has been inhaled accidentally, thereby inducing a severe and dangerous form of disease. The larynx, located as it is, in front of the neck, may be seen and felt externally, its most prominent angle being what is called "Pomum Adami" or Adam's Apple ; if this point be grasped between the finger and thumb, and a slight lateral movement be made, the whole body of the organ may be put in motion. Having thus given a concise description of the larynx, its diseases will occupy the remaining pages of this book. The first, laryngitis, or inflammation of the larynx, is characterised by the following symptoms, and induced by different causes, some of which, will be here enumerated. Those which operate in the production of the acute, or very severe form of the disease are, the inhalation of steam from the mouth of a tea-kettle or a tea-pot, when these contain scalding water ; corrosive liquids are known to operate in the same way, many instances of this kind are recorded by Dr. Marshall Hall of London. It is found that when persons die of severe burns, if only about the head and face, they generally suffer from great difficulty in breathing and the mouth and larynx are found in a highly inflamed and congested state. This is owing to the intense heat of the air inhaled.

Symptoms : a painful sensation in the act of swallowing, the throat will be found red and inflamed, there is very soon a tightness about the larynx, and a deep hoarse respiration and cough, the inspiration, being long and difficult ; after a short interval ; there is increased dyspnœa, with the imminent danger of suffocation : great distress ; starting of the eyes, and perhaps delirium : such are some of the most prominent symptoms manifested in the acute form of inflammation of the larynx, requiring prompt and active treatment to subdue them.

There is another form of this affection, much more frequently met with, and often following the milder variety of the preceding ; insidious in its developement and leading sometimes to a fatal termination, the disease referred to, exists under several appellations, and is denominated, in technical language, Laryngeal, Phthisis, Chronic Laryngitis, or Clergy-

man's sore throat, &c., the causes of this malady are numerous ; all of which, it is important should be detailed.

Causes. Chronic Laryngitis commonly arises from the frequent recurrence of catarrhal inflammation, particularly in those who are addicted to the use of ardent spirits. Excessive exertions of the voice, repressed eruptions, wounds or contusions of the throat, foreign bodies introduced into the larynx, the inhalation of air loaded with dust for any great length of time, and the extension of the syphilitic disease from the throat, may be enumerated as occasional exciting causes. A scrofulous or tuberculous constitution particularly predisposes to consumption of the larynx. The excessive use of mercury, habitual intemperance, and other debilitating influences, are also supposed to render persons more liable to chronic laryngitis. The disease appears to be most common at the middle period of life. According to Dr. Ryland, it affects women more frequently than men ; but this is at variance with the experience of M. M. Trousseau and Belloc.

Symptoms. It generally begins very insidiously as a common cough, with hoarseness, the cough not attracting particular attention, until it has lasted for a considerable length of time, and seriously injuring the general health, with the tissues in which it is seated ; the most marked of the symptoms are, a husky dry cough, with soreness or pain in the larynx, felt sometimes on pressure, sometimes only in the act of swallowing. The most constant sign is the change of voice, which varies very much in degree and kind ; there is a peculiarity in the hoarseness, which if permanent, indicates a worse form of disease than the deep loose or mucous kind which may proceed from relaxation, and this is the dry or squeaking : sudden loss of voice may occur with slight disease affecting the thyro-arytenoid ligaments, or a nervous affection of the muscles, and may not be permanent, but where a voice becomes gradually more and more cracked until it is at last lost, there is a progressive destruction of the vocal apparatus. In some cases, the defect of the voice is perceptible only on speaking loud, or in any attempt to vary the tone, for the patient instinctively ac-

quires the habit of speaking in that tone and degree in which the voice is best produced. Pain is so uncertain a symptom, that I have heard M. M. Trousseau and Belloc in Paris state, that in more than half the cases of throat consumption which fell under their observation, there was no pain throughout the disease, there is however increased susceptibility of the larynx, so that the inhalation of cold air, or any hurry of the circulation very readily excites coughing, the cough which in the early stages is commonly short dry and hacking, in some instances assumes in the latter stages, a loose continuous character. The occurrence of an offensive expectoration is sometimes accompanied by relief to the breathing, although the voice may suffer more, and there may be more pain or soreness in coughing; this marks the formation of an ulcer, the discharge from which, diminishes the tightness of the air-passage.

The respiration generally becomes affected sooner or later in chronic laryngitis, the difficulty of breathing commonly coming on in the night, and on any exertion, sometimes in very severe spasmodic paroxysms, leaving the patient with only a short breath during the interval; the attacks of oppressed breathing afterwards increase, and prevent the patient from lying down; and in the interval, the hissing sound of the breathing indicates some degree of permanent impediment to the air. In many instances, the throat affection is accompanied by progressive emaciation, hectic fever, night-sweats, and other signs of consumption of the lungs, and the patient is ultimately worn down by cough and weakness, and is perhaps carried off by diarrhœa. In by far the greater number of these cases, tubercles are formed within the lungs, either before or after the throat affection begins, and become the chief cause of the decline, although too gradual in their effect, to affect the breathing in a marked degree. In a few instances recorded by M. M. Trousseau, Belloc, Ryland and others, the disease of the larynx was uncomplicated with any lung affection, it having been purely confined to the throat. From the statements of men so eminent as these in regard to the subject in question, there can be no doubt, but that a person may have all the signs of

consumption of the lungs, and yet these organs be free from disease ; it is of the highest importance then, that an examination be made by auscultation and plessimetry, in order that the true condition of the lungs may be made known to the patient, thereby quieting any groundless fears which he may entertain of approaching dissolution.

I think that the method employed by Dr. Piorry of the hospital La Pitié in Paris, to test the true state of the lungs when diseased, is far superior in point of efficacy to any other known. I have known this gentlemen to detect organic disease of the lungs by means of the Pleximeter, when Andral and Chomel had failed to do it, and the post mortem examination proved the truth of Dr. P.'s diagnosis. I have great confidence in the instrument, and if properly used, it will be found of great value in detecting incipient organic disease of the respiratory apparatus.

The case above referred to, was that of a sister of the President of the British and American Medical Society of Paris, who was labouring under all the symptoms of pulmonary consumption. Andral and Chomel being in attendance, they examined the case in the ordinary way and could not detect any abnormal sound indicating a cavity in the pulmonary tissue ; it was then suggested that M. Piorry be sent for, in order that he might give an opinion of the case : the chest was examined in the same way as before, and no morbid sound was heard ; the pleximeter was then resorted to, and a large cavity detected in the centre of the lung ; the patient died, and on examination of the body the lesion referred to was found in the spot pointed out during life ; the cavity was large, and contained matter, the lung was hollowed out like a shell, and completely enveloped by healthy pulmonary tissue, which gave to the case the healthy sound of respiration when applied over the spot where the cavity existed, hence the disease was masked by this condition of the lung alone ; this case excited considerable sensation in the medical ranks at the time in Paris, and reflected much credit on the Professor at La Pitié, the Originator of the instrument in question ; from this in-

cident, I became interested in the use of the Pleximeter, and have since found it of the greatest value as a means of diagnosis in all affections of the chest.

Chronic inflammation and ulceration of the larynx often occur in conjunction with tuberculous consumption of the lungs, and are causes of the loss of voice, and the smarting or pricking sensation in the throat, occurring in the advanced stage of phthisis; it will very often happen that patients with the larynx affected, point to the wind-pipe and upper part of the breast bone as the seat of pain. The loss of voice is one of the first symptoms to attract attention. At first it is often a simple want of power, or a decided hoarseness; sometimes continual, at others, recurring only when the larynx has been fatigued, or when patients have been exposed to a change of temperature; the transition to a colder atmosphere, is less prejudicial, than a change from cold to warm. The voice also becomes hoarser, in proportion to the time the patient has been up: on awaking in the morning, it will be found much clearer than in the evening; this is in all probability owing to the larynx having gained some repose during sleep, and becoming fatigued during the day. If there be a good appetite for food, the hoarseness is generally very decided, and disappears, more or less completely, after the meal, but soon returns to the same point as before. The menstrual period, also affects the hoarseness, which is generally greatest at the approach, or passing off of this discharge, venereal indulgence also increases it considerably. Such are the symptoms, and facts relating to affections of the throat: and as it has been shown that they do often occur in conjunction with serious disease of the organs of respiration, it is of the highest importance, when any are present, that the lungs be examined, to ascertain their true condition, and to adopt means for arresting the decay. As far as the disease of the throat is concerned, it can in the greater number of cases, be permanently arrested, yet the influence exerted on the lungs by local applications to the throat, amounts to nothing at all. While in Paris, I had an opportunity of witnessing the great success of M. M. Trousseau and

Belloc in treating diseases of the throat and larynx by the local application of caustic and astringent substances to those organs, and since my return to the United States, I am happy to find considerable improvement made in the method by one of my own countrymen, Dr. Green, whose reputation is too well established to need further comment; as regards the practice of M. M. Trousseau and Belloc, I never knew them to cure a case of tubercles in the lungs, where throat disease existed at the same time, yet all the throat symptoms disappeared by topical medication. On page 120 of Dr. Green's work, he says, "Although but little can be expected from any attempt made to prevent the *denouement* in these cases where disorganization of the lungs has occurred, yet, in many instances, the harrassing cough, the difficulty of swallowing and the dyspnœa, which are often present in this combination of disease, are signally relieved, and the sufferings of the patients greatly mitigated by the employment of topical medication upon the diseased, laryngeal surface. So marked indeed has this relief been in some cases which have fallen under my observation, even when tubercular cavities have been present, as to awaken in the minds of the patients and their friends, strong hopes of their final recovery." In the face of evidence like this, one would conclude that consumption of the lungs was almost invariably a fatal disease, yet this is by no means the case with the facts and observations which I have in my possession, I cannot but regard it as manageable at least, and as there are well authenticated instances of persons having recovered when in the last stage of the disease, the probability is considerably strengthened from the fact, and my experience leads me to a firm conviction of its curability.

Having declined the general practice of medicine, and directed my time exclusively to the study of diseases of the chest, visiting Europe for this purpose, and holding personal interviews on the subject with the most distinguished in medical science in England and France, the information thus gained has been such, as will perhaps enable me to treat, more

successfully, lung affections, than most physicians. The treatment employed, is as efficient for the permanent, effectual, and radical cure of consumption of the lungs as the local applications are for throat disease, in the hands of those already referred to.

ASTHMA.

Or Phthisic, in common language, is of frequent occurrence, the young, the old, the rich and the poor being alike subject to it, though it is more frequently met with in advanced life, than in youth, it is a disease which has baffled the skill of the wisest and best in the medical profession, and continues to resist the ordinary modes of treatment, the remedies employed having been numerous and varied.

There may be a cause for the repeated failures in the cure of this affection, it may be owing to a mistaken notion of its pathology, the want of perseverance on the part of the patient, and practitioner in the treatment, or the inefficiency of the means employed ; other causes there may be which it is needless to mention, the object in the following pages being merely to give in detail some of the most prominent symptoms which characterize its history, nature and varieties. The first to be described is, Angina Pectoris, or Suffocative Breast-pang, regarded as a nervous disease, from the fact of the pain following the course of the nerves, the suddenness of its attack, the intervals of repose, the circulation being free from all excitement during this time, and from its alternating often with other nervous or neuralgic affections.

Symptoms. The first attack of Angina comes on suddenly when the patient is either walking fast or ascending a hill with the wind in his face ; great exertions after eating will sometimes induce its return, there is considerable pain and a sense of suffocation and fainting during the attack, with a dread of proceeding, obliging the sufferer to stop, and inducing a feeling as though he should perish were he to go on.

After a moment of repose, the sufferings of the patient, at least in the commencement of the disease, ordinarily vanish

for the time leaving behind only a dull aching or uneasiness within the chest. The attacks recur at uncertain intervals of weeks or months, or even still more protracted periods, but subsequently become gradually more frequent, of longer duration, and sometimes of greater intensity. The paroxysm is at a more advanced period of the affection much more easily excited; emotions of the mind, intense thought, the actions of eating, and coughing being sufficient to bring it on. It will at this stage even occur as the individual lies at rest in his bed, and especially immediately on awakening from the first sleep.

The pain which at first was confined to the chest, and upper part of the left arm, reaching as far as to the top of the shoulder, and the breast, afterwards extends along down the inside of the arm to the elbow, wrist, or even to the fingers; the duration of the seizure at the commencement rarely exceeds a few minutes, though it may last half an hour or an hour, and in the confined stage even longer still. The treatment for this disease is varied; during the attack, I know of no better remedy for giving prompt relief than a preparation of ammonia and ether, these will be found the best and most efficient in the majority of cases; for the permanent removal of this affection, time, and a complicated plan of treatment is requisite.

Asthma proper, is usually an obstinate disease over which medicine has but little control, there are several varieties of this affection, the same group of symptoms being in the main, present in each variety. "It in most instances comes on without any fever, in paroxysms of oppressed breathing, with cough, and the subsequent expectoration of an abundant, thin, frothy fluid. In some cases the disease extends to the nasal membrane causing sneezing and a discharge from the nostrils similar to that of a cold in the head. The attack generally comes on rather suddenly in the evening, sometimes twice or oftener in the day, and may last from a few minutes to several hours; the dyspnœa is sometimes extreme; but the strength of the respiratory forces being unimpaired, the fluid is discharged by violent coughing as fast as it is secreted, and comes

up clear and frothy, to the amount of a pint or more, leaving the patient almost free from complaint. If the ear at the commencement of the attack is applied to the chest, various kinds of noises are heard, whistling, cooing, and the like ; a little later, these change into the mucous, crackling, or bubbling sounds, and very little of the natural respiratory murmur is heard." The cause of the different sounds referred to, is owing to the obstruction with which the air meets during its circulation through the lungs and bronchial tubes, containing as they do an accumulation of mucus, secreted from the lining membrane of these organs.

Causes. This affection commonly occurs in persons of a relaxed habit, who have a languid circulation, and are little disposed to inflammation. It appears to be frequently connected with a long standing disorder of the digestive or biliary organs. Lænnec remarks that it is common in gouty subjects advanced in age. The causes which generally excite an attack are, exposure to sudden transitions of temperature, especially when the body is perspiring, disorders of the stomach and bowels, it sometimes arises from unknown atmospheric influences which develop common catarrh, or bronchial influenza.

"There is" says M. Andral "a variety of asthma caused by an habitual state of tumefaction of the mucous membrane of the smaller bronchial tubes. Persons so attacked suffer more or less during their lives from shortness of breath ; they are constantly taking cold, and when examined exhibit in every part of the chest different sorts of rattles ; some of these individuals have scarcely any cough during the day, but rise in the morning with a feeling of oppression which is relieved only by the expectoration of a quantity of mucus, commonly transparent colourless, and ropy, like the white of an egg, though it is sometimes opaque, of a yellowish or greenish colour, and of a puriform appearance. Such persons, however, are not regarded as invalids, nor do they consider themselves as such. But from time to time, on taking cold, their respiration becomes obstructed, and they have what is called a fit of asthma. Dur-

ing the fit, the vesicular respiration cannot be heard, and its place is occupied by a course sibilous, or hissing rattle."

At times, with or without any known cause, a sudden and great difficulty of breathing arises, and is attended from the commencement, with the various sorts of râles above enumerated. The affection terminates in a space of time varying from forty-eight hours to fifteen days, when the function of respiration becomes perfectly regular and healthy. The appellations commonly applied to this affection are, *hay-fever*, *hay-asthma*, and *summer catarrh*, from the supposition that it is connected with the odours which arise from new hay, this alone having been known to excite an attack. When the lungs of a person who has died during an attack are examined, the air-tubes present no trace of inflammation. The heart is commonly found more or less diseased, varying in extent and character; tubercles are sometimes found in the lungs, this is however rarely the case. The aged are the most likely to be carried off, during a paroxysm of this affection, from the fact of their not having sufficient strength to discharge the suffocative accumulation of fluids in the air-tubes.

With the young, such is not the case, little danger need therefore be apprehended from this accident. The success of the treatment will depend upon the due discrimination of each variety of the disease, and should be directed to the intervals of the attack, the means heretofore employed have been numerous and varied, exercising in the majority of cases but a slight curative effect, opiates of every kind have been resorted to for this purpose; in addition to this, emetics, electricity, galvanism and the like have had their turn, and the result has been the same. The great secret of success in the permanent cure of asthma, is to direct the treatment to the lungs; if these organs are restored to their healthy condition, the disease will readily yield; the plan adopted by Dr. Ramadge of London, is the only one, upon which any dependence can be placed for this purpose, and if persevered in, will more certainly, effectually and radically effect a cure than any other known method. During my stay in London, there were repeated opportunities of witnessing the great

utility of the method referred to, and the success which followed its judicious employment, was uniform and encouraging in the highest degree. The relief, in most instances was prompt, and the cure though slow and gradual, was permanent.

I have said nothing of the treatment in the preceding pages, because the book is only designed to enable common readers to determine whether they have the disease in question, and if so, to take immediate and proper measures for relief. Medical men can obtain from Tweedie, Bell and Stokes, Dunglison, Marshall Hall, Louis, Tousseau, Green, and other standard authors, a knowledge of my mode of practice. The preceding observations have been made in conjunction with my brother. I shall appreciate, and take in good part, and also endeavor to improve by any criticisms which may be made in a courteous spirit, but do not design making any reply whatever, my object being, not controversy with my medical brethren, but to save from suffering and a premature grave, such as may repose sufficient confidence in me, as to place their health and lives in my hands; and I shall feel myself happy, in proportion, as I am able to accomplish so desirable an object.

S. W. HALL,

77 Chambers Street.

New York, June, 1847.

**CLERGYMAN'S
SORE THROAT**